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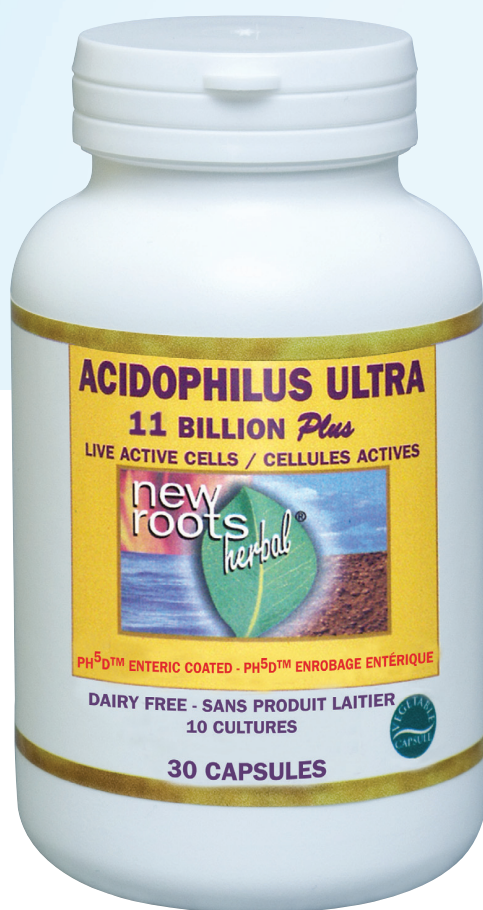
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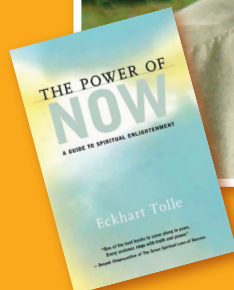
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Lock up your daughters Gardasil is on the loose

HEALTH

DRUG BUST Alan Cassels

It's September and as our kids shuffle out the door to face the teachers, the books and the peer pressure, we parents have another thing to worry about: An aggressive public health campaign gearing up to bully us parents into getting our girls to roll up their sleeves for a good dose of prevention.

This month, in grade six classes throughout the Atlantic Provinces and in Ontario, school nurses will be targeting the girls, armed with a syringe loaded with Gardasil, a vaccine to prevent human papillomavirus virus (HPV), a virus which could lead to cervical cancer. Here in BC, parents may be given a bit of a reprieve; at press time, the BC Ministry of Health was unsure whether or not it would have a public HPV vaccine program in place this fall. But they will for sure next year.

You have to hand it to the scientists who developed a vaccine that has been proven effective at preventing four strains of a virus that women get from sexual activity and which can turn into a deadly form of cancer. It would seem quite reasonable, and even public-spirited, that

we'd encourage our girls to be vaccinated; as many as 400 women die every year in Canada from cervical cancer, which it is hoped the vaccine will avoid.

Because the vaccine is only effective before a girl has been exposed to the HPV virus, the vaccine programs must target the young. Now, if you're like me

however, its introduction has been a lesson in crass political gamesmanship and shameless disease mongering. First, in Texas earlier this year, Republican governor Rick Perry bypassed the Legislature in signing an order mandating that all schoolgirls be vaccinated with Gardasil. This created a huge backlash in

over decades – and like a cold virus, most HPV infections go away on their own. What we don't know is whether Gardasil even does what the promoters claim: Prevent women from dying of cervical cancer.

Gardasil may help women develop immunity from some major strains of virus that cause cervical cancer, but there are also uncomfortable questions about the vaccine's safety. As of May of this year, more than 2,000 adverse Gardasil-related events were filed with the US FDA, including 239 cases of syncope (fainting and temporary loss of consciousness) and seven deaths. Whether or not these incidents were caused by the vaccine remains open to study, but suffice to say that any treatment has the potential for adverse effects, ranging from the merely unpleasant to the deadly.

In cases like this, where there is so much medical uncertainty, what do we do? We turn to medical experts and trusted public officials who we feel can be relied upon to give us the straight goods. Sadly, the public is not being well-served on this front either. In fact, what's most striking about this issue is the crass vaccine-mongering coming from public health officials who seem bent on pushing the vaccine as if there were an imminent epidemic.

As a case in point, Canada's Public Health Officer David Butler-Jones, in a letter to the *Globe*, disparaged an article that examined the vaccine's controversies, saying we should congratulate, rather than criticize, governments for embracing a vaccine program for cervical cancer.

Unfortunately, he doesn't tell us his take on the controversies over the vaccine's usefulness and its safety or effectiveness. Instead, he asks us to trust that, given that the vaccine is recommended by the National Advisory Committee on Immunization, the Society of Obstetricians and Gynecologists and a number of chief medical officers and national health authorities around the world, it must be a good thing.

In logic, we call this the fallacy *argumentum ad verecundiam* (argument from authority) and it implies that a claim is true because of the overwhelming credibility of the source. In other words, "Trust us, we're experts." Wait a minute. Didn't very smart, credible, well-meaning experts also approve and recommend Vioxx, Prepidol and Rezulin, among other pharmaceuticals recently removed from the market because of mounting death tolls?

continued on p. 19

This month, in grade six classes throughout the Atlantic Provinces and in Ontario, school nurses will be targeting the girls, armed with a syringe loaded with Gardasil, a vaccine to prevent human papillomavirus virus (HPV), a virus which could lead to cervical cancer.

the US when it was discovered that the governor has ties to Merck, the vaccine's manufacturer.

Things have smelled equally stinky on our side of the border. The discovery that Merck lobbyists with connections to both the prime minister and the Ontario health minister were working the levers behind the scenes to get the vaccine paid for created an unmistakable stench of sleaze that has lingered over the whole affair.

During his budget speech in March, Federal Finance Minister Jim Flaherty did an end-run around the provinces and others working in public health with a surprise announcement of \$300 million in new money to fund HPV vaccine programs across the country. The Society of Obstetricians and Gynaecologists of Canada, prominent cheerleaders for the vaccine, praised the government's announcement, no doubt also buoyed by the \$1.5 million grant it received from Merck. For educational purposes, of course.

What's most important to me is not the paid-for marketers pushing the vaccine, but the many questions about the vaccine that are left answered: For example, do we know how many young girls used the vaccine in the clinical trials? Do we know how safe is it? Can we be certain how much immunity it will actually provide in the long term to those girls who will have to undergo the three-shot course? And, in the real world, will a vaccine program produce some adverse effects itself – perhaps a false sense of security around preventatives for cervical cancer, so that women start to forgo the one method we have to detect and prevent it: the annual pap smear?

Unlike many childhood diseases for which important vaccines have proven their worth, cervical cancer develops

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Relentless reduction

NUTRISPEAK Vesanto Melina MS, RD

It's not for everyone; that's certain. But some of us reach a point when enough is enough. In fact, it's more than enough. We're fed up with lugging around pounds and pounds of excess body fat.

We yearn for that lean feeling around our midsection instead of a bulge of flab. We want to stride along with a sense of power, enjoying the body we inhabit. We wish to feel vibrant and ready for fun. We want our partner to eye us with a twinkle in their eye. Or, if we're single, perhaps we'd like to feel attractive enough to draw into our life the sort of partner we desire.

We choose decades of pleasurable retirement, rather than poor health due to the related health conditions of obesity: heart disease, stroke, cancer, diabetes and even premature death. We look forward to knowing our grandchildren as they grow.

What does ruthless, relentless reduction in our weight involve? In reality, it really does signify a change; there's no getting around this fundamental truth. Here are some foundations for an effective plan to truly reduce or eliminate the cushion of fat that covers up the fit, lean body buried inside:



- We decide that ridding ourselves of excess weight is a top priority in our life for a significant stretch of time. Changing habits takes time and energy so we figure out a way to put other matters aside. We allow this to be our number one activity and focus, for as long as it takes.

- Perhaps our activity level was reduced due to illness or unavoidable sedentary living. Maybe the weight was gained during a pregnancy and never lost. Perhaps we have added about a pound of body fat each year since high school. Our most realistic approach will allow us to lose a pound or two of

HEALTH

weight per week.

- We develop an eating plan that is nutritionally adequate, supplying us with enough protein, vitamins, minerals and essential fats, while also allowing us to shed pounds.

- We fill up on plant foods and often eat them raw. We stack our plate with salad and go easy on the dressing. We dine on foods that are high in protein and low in fat, such as lentil, split pea or bean soups. Our TV snacks consist of cherry tomatoes, celery, carrot sticks, red pepper strips and similar crudités.

- We treat ourselves to foods that are both absolutely delicious and entirely nutritious, and that fit within our long term goals. We splurge on organic veggies, papaya and other favourite fruits. Our perception of food and the way we enjoy it begins to change.

- We allow ourselves to live with a *slightly* hungry feeling – not starving, not desperate or ravenous and not hypoglycemic to the point of desperation and panic – a feeling of being slightly underfed, rather than being filled to bursting at meal times.

- We make water our beverage of choice, all the time. Our water bottle is our constant companion – in the car, at the gym, beside the computer and in front of the TV. Sometimes, for a treat, we have it in the form of a warming herbal tea, a black, unsweetened coffee or soda water with ice cubes. Nonetheless, it's still water and entirely calorie-free.

- We enroll our family and friends in our weight loss support system and we ask people who we know are planning to buy us gifts not to give chocolates anymore. Instead, our wish list contains a CD, tickets to a movie or an odometer for our bicycle.

- We tell people that our social life involves activity. Instead of meeting over calorie-laden coffees and fancy cakes, we visit while walking along the sea wall, hiking, cycling or going dancing.

Vesanto Melina is a registered dietitian and co-author of a number of nutrition classics. For more information about weight management, see chapters in Becoming Vegetarian and Becoming Vegan. Vesanto is based in Langley, BC, and regularly consults for people who wish to improve their health, effectively control their weight or those in dietary transition. www.nutrispeak.com, vesanto@nutrispeak.com, 604-882-6782.

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Access Denied

by Shawn Buckley

Consumers who depend upon Natural Health Products (NHPs) have not figured it out yet, but they have been duped by the new Natural Health Product Regulations that many believe were implemented to protect their access to NHPs in the first place.

Consumers can be forgiven for their naiveté; in the late '90s, Health Canada began taking action against NHPs by classifying them as "drugs" and requiring manufacturers to obtain Drug Identification Numbers for their products. The minister of health also sought to implement fees that would raise their price. Alarmed that both the availability and affordability of NHPs were under attack, consumers took action to protect their access, including initiating a national petition to stop treating NHPs as drugs. A parliamentary assistant told me that it was either the largest or second largest petition drive in Canadian history. In addition to the petition, there were rallies, letter writing campaigns, and a law suit to strike down the proposed fee regulations.

On the eve of the law suit, former Health Minister Allan Rock agreed to drop the fee regulations. He referred the issue to the Standing Committee on Health, which subsequently held the most comprehensive hearings in its history.

Almost everyone involved in this process believed they were on their way to protecting access to NHPs. The problem, however, was that Health Canada had been squeezing the industry by imposing a chemical, pharmaceutical

Almost everyone involved in this process believed they were on their way to protecting access to NHPs (natural health products). The problem, however, was that Health Canada had been squeezing the industry by imposing a chemical, pharmaceutical drug model upon NHPs.

The committee included input from consumers, consumer groups, manufacturers, distributors and retailers. In conclusion, the Standing Committee made 53 recommendations, hearing the message loud and clear from consumers and manufacturers alike: Canadians wanted their access to NHPs protected.

drug model upon NHPs. I would estimate that more than 90 percent of NHPs could not comply with this model, meaning that almost the entire NHP industry was unlicensed and illegal – not because manufacturers did not want to comply with the drug regulations, but because they could not. This left companies and

their products in the position of sitting ducks should Health Canada decide to take action against them.

The purpose of the consumer movement and the 53 recommendations was to convince Health Canada to stop treating NHPs like chemical drugs, in order to ensure their availability to the public. After a long delay, the new NHP regulations, which can only be described as drug-style regulations, were introduced. NHPs are still classed as drugs; the regulations themselves mirror the chemical drug regulations.

While it is true that many NHPs will be able to comply with the new regulations, and hence in theory be "legal," consumers do not understand that many, if not most, of the NHPs on the market before the regulations will not be able to comply because the compliance process is either too onerous or too costly. I am a lawyer who specializes in assisting natural health product manufacturers with the Food and Drug Act and regulations. I am acutely aware of what manufacturers are facing. I know of several manufacturers

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who have dropped much of their product line because it will bankrupt them to comply with the new regulations.

The only products they are trying to obtain licences for are their top sellers. Other products that consumers have depended on for decades are being dropped because the cost of obtaining licences is too high. Some manufacturers have stopped making NHPs altogether. Further complicating the access problem, several US manufacturers have stopped shipping into Canada because they do

that ironically are supposed to protect access to NHPs.

The new NHP regulations also squash innovation. To obtain a licence, a manufacturer must show that the NHP is effective. In some cases, Health Canada is asking for a clinical trial. Most people would consider this reasonable as it is dangerous to allow a health product on the market without a clinical trial proving its safety. The problem with this is twofold. First, because there are no intellectual property rights with NHPs,

I am a lawyer who specializes in assisting natural health product manufacturers with the Food and Drug Act and regulations. I am acutely aware of what manufacturers are facing. I know of several manufacturers who have dropped much of their product lines because it will bankrupt them to comply with the new regulations.

not comply with the new regulations.

The removal of NHPs that have been available to the Canadian public for years is set to accelerate this year. Unless consumers wake up and take action, products and manufacturers that they have relied upon for their health will be forever lost, due to regulations

the few manufacturers that could actually afford them are not willing to pay for them. If the trial is successful, any other manufacturer can copy the product and sell it at such a low price that the cost of the trial cannot be recovered.

The reality is that this requirement is grinding innovation to a halt.



The second problem with the requirement of clinical trials is that it ignores the actual risk profile of NHPs. When the NHP regulations came into effect, Health Canada estimated there were between 40,000 to 50,000 NHPs on the market. Despite this staggering number of products, I don't believe that there has ever been a single death in Canada attributed to a NHP. This is not to say that NHPs carry no risk, but risk is relative. For example, we have documented deaths in Canada every year from both peanuts and shellfish. There are also numerous documented hospitalizations caused by

these foods. To put it into context, the entire NHP industry, with up to 50,000 different products, is dramatically safer than the common peanut or a scallop.

We do not require clinical trials for peanut butter manufacturers who add a new ingredient to peanut butter. Yet if a NHP manufacturer adds garlic to an herbal heart remedy that has been on the market for decades, a clinical trial may be needed because, with the addition of garlic, it is now a "new" product, and, as such, its safety and efficacy must be proven under the new regulations.

continued next page

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As a taxpayer, I am appalled that the government is spending hundreds of millions of dollars to regulate an industry that is exceedingly safer than peanut butter and shellfish. If the government were to implement an expensive peanut butter directorate, taxpayers would be enraged. At the same time, we tolerate the NHP Directorate's management of NHPs, which are far safer. We also sit by while the cost of NHPs is being driven up as manufacturers begin to pass on to consumers the high cost of complying with the new regulations.

The rising cost of NHPs should be a concern to all Canadians. Although many of us may be able to pay the higher prices, those on fixed incomes cannot. I have already heard of retailers passing on concerns to manufacturers that seniors on fixed incomes are not able to pay for the products they rely upon for their health. This is extremely troubling.

I am also troubled by a complete lack of awareness about the cost to people's health from removing effective NHPs from the market. The new regulations, with their drug-style model, are premised on the belief that all drugs – remember; NHPs are drugs – are presumed dangerous until they are proven to be safe. I agree with this premise when dealing with chemical pharmaceutical drugs. Non-natural chemicals are dangerous to introduce without proof of safety. However, applying this philosophy to

NHPs, which contain natural plants and/or animal ingredients already in the food chain, is problematic. It leads to the absurd result that ingredients we commonly eat cannot be sold for “health” purposes as NHPs because they are presumed to be dangerous.

There is a tremendous health cost to removing NHPs from the market. I, personally, rely upon NHPs for two different health concerns. For one, I tried all the treatments recommended by doctors and specialists without success. I then found a NHP that solved my prob-

lem. Unfortunately, the manufacturer has advised it is no longer making the product because of the new regulations. I don't know what I will do when I run out. For my other health issue, the medical solution is periodic, minor surgery which promises to be invasive and painful, offering only a temporary fix. I found a NHP from the US which completely solves the problem and is only needed occasionally. I can still get the US product as that manufacturer has not yet experienced enough problems at the border to stop shipping to Canada. While my health problems are minor, many

Canadians rely on NHPs for serious and life-threatening conditions. If and when they are removed from the market, there will be serious consequences. The consumer-driven movement that led to the new regulations was aimed at protecting access to NHPs because people depended upon them for health reasons. It is ironic that the new regulations consumers believed would protect their health could actually be a threat. To make matters worse, I believe that the new regulations are illegal. Under our Constitution, Parliament and the

provinces are each given separate areas of jurisdiction. The provinces have jurisdiction over health matters, which is why the provinces run hospitals, determine what is covered in the provincial health plan and regulate the medical professions.

The new regulations are based on Parliament's jurisdiction over criminal law. Most of us do not think of health regulations as a criminal law issue, but the idea is that if a substance is harmful enough, then it is a criminal law issue. So, for example, Parliament has made heroin and cocaine illegal because they are harmful. Where this gets tricky is when Parliament tries to use the criminal law power for substances that are not harmful. One of the leading cases is referred to as the Margarine Reference. The Dairy Industry Act banned the sale of margarine. This was a criminal law, the preamble of which explained a ban was necessary because margarine was “injurious to health.” The Supreme Court of Canada disagreed. They reasoned that for Parliament to prohibit a substance using its criminal law power, the substance had to carry a substantial risk. Otherwise, Parliament could regulate any area of provincial jurisdiction using the criminal law power by simply arguing “harm.” Although it could be argued that margarine is harmful, it was simply not harmful enough to be deemed criminal.

A more recent Supreme Court of Canada decision employing this principle is the case of *R. v. Malmo-Lavine* (2003). In this case, it was argued that Parliament did not have the jurisdiction to criminalize the simple possession of marijuana. The court disagreed because it found that the harm to vulnerable groups, such as youth and pregnant women, may be serious and substantial. As a result, the law was a valid exercise of the criminal law power.

So are NHPs harmful enough to be considered criminal? Under the NHP regulations, a product cannot be licensed

NHPs that Canadians rely upon for their health are being driven from the market by regulations that I consider illegal.

provinces are each given separate areas of jurisdiction. The provinces have jurisdiction over health matters, which is why the provinces run hospitals, determine what is covered in the provincial health plan and regulate the medical professions.

The new regulations are based on Parliament's jurisdiction over criminal law. Most of us do not think of health regulations as a criminal law issue, but the idea is that if a substance is harmful enough, then it is a criminal law issue. So, for example, Parliament has made heroin and cocaine illegal because they

are harmful. Where this gets tricky is when Parliament tries to use the criminal law power for substances that are not harmful. One of the leading cases is referred to as the Margarine Reference. The Dairy Industry Act banned the sale of margarine. This was a criminal law, the preamble of which explained a ban was necessary because margarine was “injurious to health.” The Supreme Court of Canada disagreed. They reasoned that for Parliament to prohibit a substance using its criminal law power, the substance had to carry a substantial risk. Otherwise, Parliament could regulate any area of provincial jurisdiction using the criminal law power by simply arguing “harm.” Although it could be argued that margarine is harmful, it was simply not harmful enough to be deemed criminal.

A more recent Supreme Court of Canada decision employing this principle is the case of *R. v. Malmo-Lavine* (2003). In this case, it was argued that Parliament did not have the jurisdiction to criminalize the simple possession of marijuana. The court disagreed because it found that the harm to vulnerable groups, such as youth and pregnant women, may be serious and substantial. As a result, the law was a valid exercise of the criminal law power.

So are NHPs harmful enough to be considered criminal? Under the NHP regulations, a product cannot be licensed



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for sale until Health Canada is satisfied that the product is safe for over-the-counter use (i.e. consumers can simply purchase it off of the shelf without any advice or restrictions). Can it be said that products safe enough to be placed on any store shelf are harmful enough to be considered criminal? If this were the case, Parliament could declare that anything in a grocery store is criminal. For example, Parliament could declare that peanut butter and scallops are illegal, criminal substances. I think that most of us would consider this ludicrous. Although peanut butter and shellfish are more harmful than the entire NHP industry, we do not think of peanut butter or scallops as criminal substances. Similarly, NHPs safe enough to be licensed are not harmful enough to be considered criminal. As soon as Health Canada issues a product licence for an NHP, it is confirming that it does not have jurisdiction to regulate that NHP.

NHPs that Canadians rely upon for their health are being driven from the market by regulations that I consider illegal. Unless consumers wake up and take notice, it will be too late for them to protect the NHPs they rely on.

Shawn Buckley is a constitutional lawyer who specializes in the Food and Drug Act and Regulations. He acts primarily on behalf of manufacturers of natural health products.

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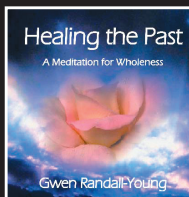


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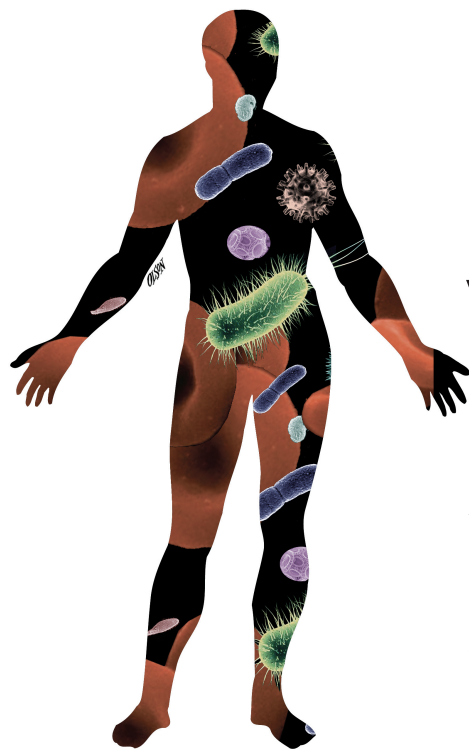
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Bacteria

by Geoff Olson

we need it and it needs us

Emerging perspective gives nod to bacteria's role in human evolution

While walking to work one day, anthropologist and essayist Loren Eiseley tripped and fell, hitting the pavement with great force. He recalled the accident in his book *The Unexpected Universe*, published in 1969.

"Under my face a steady of rivulet of blood was enlarging to a bright pool on the sidewalk. It was then, as I peered nearsightedly at the ebbing substance there in the brilliant sunshine, that a strange thing happened. Confusedly, painfully, indifferent to the running feet and the anxious cries of witnesses around me, I lifted a wet hand out of this welter and murmured in compassionate concern, 'Oh, don't go. I'm sorry, I've done for you.'"

Eiseley wasn't addressing the crowd that had gathered around him. In a state of "oddly detached sanity," he was apologizing to "... the blood cells, phagocytes, platelets, all the crawling, living independent wonders" now stranded and dying on the hot pavement.

He noted: "A great wave of compassionate contrition, even adoration swept through my mind, a sensation of love on a cosmic scale, for mark that this experience was as vast a catastrophe as that of a galaxy consciously suffering through the loss of its solar systems."

It may have been as much confusion as compassion, but Eiseley hit on something big with his curbside revelation about an in-house cosmos. According to Eiseley, each one of us is a commonwealth of microorganisms, with trillions of nano-sized citizens working non-stop maintaining that vast, sentient being called "I."

Eiseley was more right than he knew about an unexpected universe. Three decades after his death, scientists have determined that 90 percent of the cells in the human body are bacterial. Only five percent of the cells in your body

constitute "you," in the sense of your genetic heritage. In relative scale, bacteria are much smaller than your own cells, so they account for only a small fraction of your body weight. Nearly all of these microbes are located in your gut, where they keep you working at optimal health.

There's a new paradigm in microbiology emerging, in which bacteria are no longer seen exclusively as disease-causing killers, but rather as lifelong partners. In a certain sense, they're the immigrants, doing the work the rest of the community isn't up for.

Many of these one-celled fellow travellers are introduced soon after birth. Breast-fed, versus formula-fed, infants show a marked difference in the predominant microflora in their GI tracts. LivingWell Communications president Victoria Shanta Retelny writes in *For the Record*: "The fecal flora of breast-fed infants is so heavily dominated by the probiotic genus, *bifidobacterium*, that it is considered the "gold standard" type of gut flora, which imparts excellent resistance to infection." On the other hand, "In formula-fed infants, no one microbial group predominates, rendering the system less able to fight infection," she notes.

Over the past decade, physicians grudgingly recognized the health benefits of microflora, such as *acidophilus*. For years, they had been scribbling prescriptions for antibiotics, even for viral infections, apparently in the lazy hope that patients would benefit from the placebo effect. The law of unintended consequences followed with depressing predictability, evidenced by opportunistic infections in GI tracts from fungi and other pathogens and the emergence of antibiotic-resistant strains of bacteria.

With the new medical paradigm, physicians now understand the value of introducing bacteria into the diet. "Probiotics" can prophylactically manage acute and chronic gut disorders, by reducing the activities of other pathogens already present, or those that have been transmitted by food and water.

Young kids are forever sticking things in their mouths, but there's a reason for that. A study in the *New England Journal of Medicine* indicates that early exposure to dirt, dust and bacteria actually helps children's immune systems develop more effectively. The concept has been coined

the "hygiene hypothesis." One study concluded that children who grew up on farms had fewer allergies than their counterparts in urban areas. Conversely, health studies have shown that mothers who kept their children in antiseptic environments were actually compromising their health. Children need to be exposed to the natural environment of threats and benefactors so their immune systems learn to distinguish between the two.

While most doctors aren't likely to

not be particularly interested in eating a dead rat. But scientists at Oxford discovered that the parasite changes the rats in one subtle but vital way."

The scientists put the rats in a six-foot-square outdoor enclosure, which they turned into a brick-lined maze. In each corner, they put a nesting box along with food and water. One box was scented with raw, straw bedding; another had the scent of a rat's nest; yet another had the scent of rabbit urine and one had the

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encourage parents to let their kids eat mouthfuls of dirt, an occasional nip of soil is probably beneficial. As for scouring the home twice a week, there's probably a greater health threat to young children from industrial cleansers than there is from exposure to a moderate amount of bacteria.

For millions of years, animal immune systems have coevolved with Earth's smallest habitants. These arrangements run the range from symbiosis – benign, mutually beneficial relationships – to parasitism, in which only one party benefits. While there is plenty of evidence to support that the body's outside contractors, such as *bifidobacterium*, provide health benefits, scientists aren't quite ready to romanticize microbes, at least not after recent research conducted on a parasite common to housecats.

The bizarre life cycle of *toxoplasma gondii* recently made front page news. Science writer Carl Zimmer, author of *Parasite Rex*, writes in his blog:

"This single-celled parasite lives in the guts of cats, shedding eggs that can be picked up by rats and other animals that can just so happen be eaten by cats. Toxoplasma forms cysts throughout its intermediate host's body, including the brain. And yet a toxoplasma-ridden rat is perfectly healthy. That makes good sense for the parasite, since a cat would

scent of cat urine. When the rats were put into the maze, they sniffed about curiously, investigating the nests. The healthy ones avoided the nests with the cat odour and refused to return to them.

"This was no surprise," writes Zimmer. "The odour of a cat triggers a sudden shift in the chemistry of rat brains that brings on intense anxiety. (When researchers test anti-anxiety drugs on rats, they use a whiff of cat urine to make them panic.) The anxiety attack made the healthy rats shy away from the odour and in general makes them leery of investigating new things. Better to lie low and stay alive."

The researchers then put the toxoplasma-carrying rats in the enclosure. The infected rats were indistinguishable from their healthy brethren. They could feed themselves and competed for mates just as well. But there was one big difference: they were more likely to get killed. The cat odour didn't faze them and they sniffed around without a trace of anxiety. In fact, researchers found they took extra interest in the spot and returned to it over and over again.

The theory behind the rats' behaviour is that toxoplasma somehow alters the neural activity of rats. Through natural selection, parasites that ended up in cats – via the unafraid rats – were more likely to leave offspring.

Humans can be hosts to toxoplasma too, thanks to housecats. In fact, it's estimated that about half the human population is infected with the one-celled parasite. For the most part, the microbe is only a concern for people with weak or compromised immune systems, which is why pregnant women are advised not to handle kitty litter, and why toxoplasma are a health risk for people with AIDS. But for healthy people with the parasite, it poses no great risk, residing quietly in their bodies and brains.

Because human and rat brains function with roughly the same anatomy and use the same neural transmitters, some scientists are now questioning whether toxoplasma could alter human behaviour as well. "Obviously, this manipulation would not do the parasite any good as an adaptation, since it's pretty rare for a human to be devoured by a cat. But it could still have an effect," Zimmer writes.

In fact, some scientists believe that toxoplasma slightly changes the personality of its human hosts, effecting men

human beings? An upside to schizophrenia seems unlikely, but it may not be nil. Psychologists have determined that during periods of war, for example, schizophrenics do not develop hysterical conditions – the "normal" shutdown reaction of otherwise mentally healthy people.

There's a persistent notion, fed by advertisers, that we should all be slim, gorgeous, healthy and happy, right into our golden years. After all, isn't this what Darwin's survival of the fittest is supposed to mean? In this view, disease is an existential scourge, which must be defeated by invasive medical procedures and powerful drugs. This monolithic but immensely profitable viewpoint has been both a boon and a bludgeon to people's health the world over. Now, a more balanced viewpoint is emerging, in which disease is seen in an evolutionary context.

In his 2007 book *Survival of the Sickest*, Dr. Sharon Moalem writes of the surprisingly adaptive consequences of many forms of illness. According to Moalem,

We owe our continued survival to the toil of the world's most primitive life forms, yet we could disappear as quickly as Wells' tentacled invaders if we continue to threaten the planet's ecological equilibrium.

and women differently. Parasitologist Jaroslav Flegr of Charles University in Prague administered psychological questionnaires to both a control group and a group of people infected with toxoplasma. Zimmer notes: "Those infected... [Flegr] found, show a small, but statistically significant, tendency to be more self-reproaching and insecure. Paradoxically, infected women, on average, tend to be more outgoing and warm-hearted than controls, while infected men tend to be more jealous and suspicious."

While the research is still controversial and has been disputed by some scientists, E. Fuller Torrey of the Stanley Medical Research Institute in Bethesda, Maryland, has noted some intriguing links between toxoplasma and schizophrenia. He and his colleagues have discovered that toxoplasma infection is associated with damage to a certain variety of neurons – the same ones damaged by schizophrenia. Most tellingly, pregnant women with high levels of toxoplasma antibodies in their blood were more likely to give birth to children who would later develop schizophrenia.

Zimmer's conclusion: "It's conceivable that exposure to toxoplasma causes subtle changes in most people's personality, but in a small minority, it has more devastating effects."

Is it possible that microbes mediate some mental conditions? And do these disabilities confer any survival value for

these conditions have lived on because they protected our ancestors from premature death, enabling them to live just long enough to procreate. Moalem, who holds a doctorate in neurogenetics, builds on the work of co-authors Randolph Nesse and George Williams, who introduced the revolutionary science of Darwinian medicine a decade ago. From diabetes to hemochromatosis, scientists have concluded that many debilitating, hereditary conditions have offered enough positive evolutionary advantages to offset the negative consequences. For example, sickle cell anemia, a condition afflicting people (or their descendants) from parts of the world, such as sub-Saharan Africa, persists because it conferred resistance to malaria.

In fact, every animal cell carries traces of a past as a bacterial hybrid, originating billions of years ago. Back in the 1970s, cell biologist Lynn Margulis theorized that the power plants of animal cells, the mitochondria, once existed as free-living bacteria that entered into a mutually beneficial relationship with larger host cells. These bacteria began to supply energy to the cells, in exchange for the security of habitation in the cell protoplasm. A similar dynamic is believed to have occurred with chloroplasts, the photosynthetic workhorses found in plant cells.

Viruses are little more than tiny strands of DNA coated in protein, exist-

ing on the boundary of living and non-living. They may have an even closer evolutionary relationship with us than bacteria. In his book *Viruses and the Evolution of Life*, Luis Villarreal, director of the Center for Virus Research at the University of California at Irvine, distinguishes the familiar, deadly parasites like HIV from what he calls "persisting viruses." These may have become partners in mammalian evolution, migrating into the genome over millions of years.

Astoundingly, some scientists theorize that as much as a third of human DNA could have originated from viruses. They may not only have sped up our evolution, but also influenced its direction. As Moalem insists, it's not so much intelligent design as "infectious design."

In this new, scientific worldview, there's a blurring of biological boundaries between creatures multicellular and microbial. It seems that nowhere in our shapeshifting world is there an absolute distinction between organism and environment. Across geological epochs, microbial species act like travellers along a genetic Silk Road, trading bits of DNA back and forth like pots, pans and Persian carpets.

While this biological globalism may be unnerving for obsessive-compulsive homemakers, brandishing cleaners and solvents against invisible enemies, it's the way the living world works. Luckily for us, and other creatures, the natural world is as much about alliances of convenience as it is about outright conquests (it's usually only parasites poorly adapted to their hosts that kill them). And similar to toxoplasma, many pathogens become a real threat only when the host's immune system is already compromised by environmental toxins, poor diet and other factors.

These discoveries should alert us to how shaky the concept of self really is – especially if it has been influenced

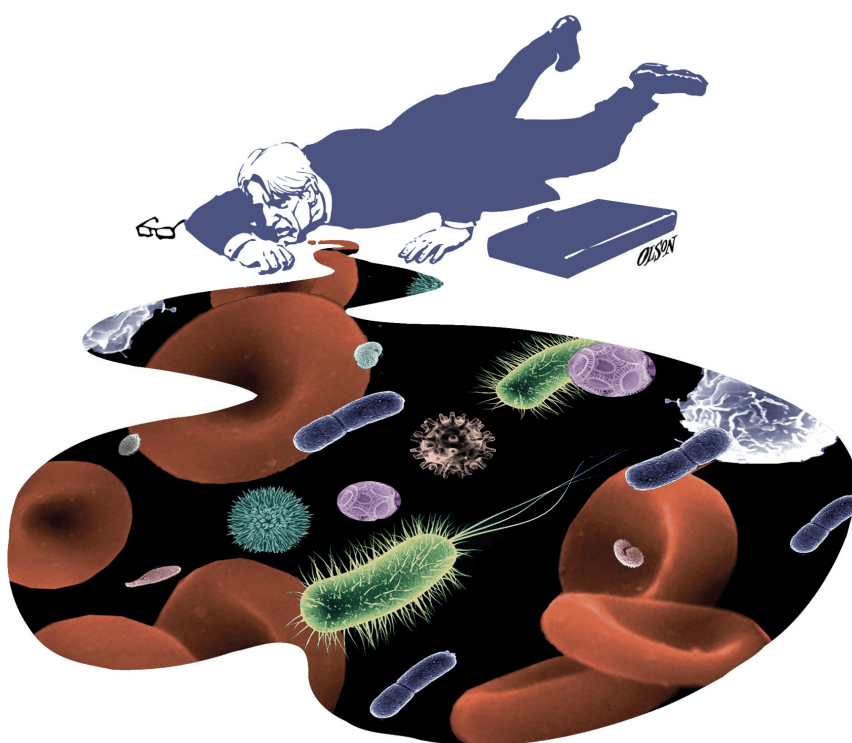
across generations, Borg-like, by tiny hitchhikers. For all our pride in our clever ways, entities invisible to the human eye are the ones actually running the show on planet Earth. Ninety percent of the earth's biomass is contained in the soil and oceans in the form of anaerobic and aerobic bacteria. Without this bacterial foundation, the chemical cycles of the biosphere would grind to a halt.

In H.G. Wells' 1898 novel, *War of the Worlds*, human beings were saved when the alien invaders fell prey to the common cold. With his fictional finale, Wells perfectly captured the ambiguous relationship between beings big and small. We owe our continued survival to the toil of the world's most primitive life forms, yet we could disappear as quickly as Wells' tentacled invaders if we continue to threaten the planet's ecological equilibrium. With fewer and fewer animal species available, infectious bacteria and viruses will do what they've always done: go where the meat is.

With these new, scientific discoveries, which are both sobering and liberating, we're at last emerging from the lingering shadows of medicine's Dark Age. We're moving away from a worldview which sees nothing but implacably hostile microorganisms out to destroy us, which must be destroyed with equally hostile countermeasures. A more naturalistic and common sense viewpoint is emerging: that when we fall out of equilibrium with our environment, internal or external, we can expect unpleasant consequences.

Microbes'R'us – we contain multitudes, as Loren Eiseley intimately knew after a violent fall to a curb. Will it take some equivalent trauma to fully awaken Western culture to the interdependence of all beings, and of community as life's grand theme?

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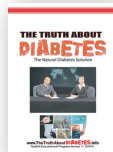


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Gardasil cont. from p. 6

Butler-Jones also employs another logical fallacy, the *argumentum ad populum* (also known as the bandwagon fallacy) when he says that many thousands of Canadians have already had their daughters vaccinated, implying that this is a train that has already left the station and that you should have got on board. But what if that train is headed for a brick wall?

Wonky logic aside, there's a bigger problem here. With the recommended list of childhood vaccines having grown to almost 20 (from about eight only a few years ago), even public health officials are finding it difficult to convince parents that these newer childhood vaccines are necessary. Have they had to resort to bad logic and browbeating parents? I hope not.

Public health officials and marketers are not the only ones with a difficult task. Scientists shaping cancer vaccines face the challenging fact that cancer often develops over many years, even decades,

additional harm to the population?

These are important questions. I know that our public health authorities mean well, but ducking important questions and bashing the critics is counterproductive. There is no epidemic of cervical cancer and we can afford to wait and see if the vaccine proves its worth. In the meantime, schools should be investing in good health and sex education programs that lower the risks of exposure to the virus and promoting the use of regular pap smears to women who are currently forgoing such screening.

Wouldn't it be nice if we had vaccines that took away the risks of all the cancers that now plague humanity? Believe me, the scientific world is working on them and you can expect this to be the first of dozens of cancer vaccines coming onto the market in the next few years.

The way the Gardasil file is being handled may actually fuel more public anger and distrust in health officials. If this kind of vaccine-mongering gets further out of control, it may very well

The way the Gardasil file is being handled may actually fuel more public anger and distrust in health officials.

and may be due to a mix of genetic and environmental causes. Is it truly possible to develop immunity from a disease that may take two or three decades to grow? And what if the vaccines cause other problems throughout those decades, such as increasing our risk of heart disease? Do we end up inoculating millions of people at a cost of tens of millions of dollars to do little but trade the risk of one kind of death for the risk of another kind of death? What if the vaccines don't work as promised or displace other programs that do work? What if they cause

add to the growing resistance against the important, basic childhood vaccines now recommended by pediatricians and government officials. And the long-term consequences of that could be disastrous.

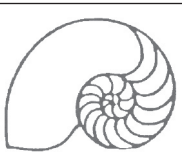
Alan Cassels is a drug policy researcher at the University of Victoria and co-author of Selling Sickness: How the World's Biggest Pharmaceutical Companies Are Turning Us All Into Patients. His new book, The ABC's of Disease Mongering: A Guide to Drugs and Disorders, will launch in October.



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An interview with Eckhart Tolle

by Joseph Roberts

Join Eckhart Tolle for *The Power of Now* and *Awakening to Your Life's Purpose*, an evening to celebrate Common Ground's 25th Anniversary. November 30, Vancouver Convention & Exhibition Centre, 999 Canada Place. Tickets available starting September 10 through *Tickets Tonight*, www.ticketstonight.ca, *Touristinfo Centre*, Plaza Level, 200 Burrard Street or call 604-684-2787. (See p. 3)

Joseph Roberts: Can you speak about the challenges of finding balance in our increasingly complex lives?

Eckhart Tolle: As I call it, inner and outer purpose has merged. There are many people very much into spiritual growth who are still working in the business world and trying to come to

people, the awareness of the pain body.

JR: How do you speak about that concept now? Has your perception changed at all?

ET: It's basically the same, but over the years through giving talks and teaching I've gained different perspectives on it. Some of that is in the new book, *A New Earth: Awakening to Your Life's Purpose*, where I also expand on the concept. It's a continuous learning process, fascinating. One is always surprised at how many disguises the pain body and the ego have. You never stop learning about it. Although the main thing is to be aware of its existence within oneself. If you're not aware of that, you cannot be the witness when it arises, which means it takes you over. So the main thing

.....
True intelligence has nothing to do with acquired knowledge or the ability to solve little puzzles, like IQ tests. That's a tiny ability, a small aspect of intelligence. I'm sorry if I'm offending anybody whose identity is from Mensa, but true intelligence is not that. It's not accumulating masses of facts and then calling yourself knowledgeable and deriving your identity from that because you're superior in your knowledge.
.....

some arrangement in the ego-dominated world, while at the same time keeping alive the awakening process. That's very, very hard to balance – being involved in the ego world and keeping alive the inner process of awakening.

To some extent, ego is still a challenge for everybody. Of course we all have egos. But, at least, the overall structure of what, say, people like you do, is not to do with making money but to explore different aspects of the awakening consciousness.

JR: I haven't looked at it quite that way. I just kind of do what I do.

ET: As I said in *The Power of Now*, the word "work" is going to disappear. Of course, then the words "holiday" and "vacation" will disappear, or "leisure" – all this dividing your life into segments between what you enjoy and don't enjoy will disappear.

JR: I remember reading your chapter on the pain body, which really jumped out at me as such a fresh concept, in such an alive way, that I was taken somewhere. Thank you for opening that portal.

ET: Yes, that has been helpful to many

about the whole pain body phenomenon is the state of awareness that is there when it comes so you can remain as a conscious observer.

The pain body is then no longer a huge problem because it no longer possesses you. It only possesses you when you're not aware of it and when it doesn't possess you any more, it cannot feed any more on the drama of life circumstances or relationships. It's unlikely that one is immediately free of it, but the main thing is that you don't get taken over by it, that you don't lose yourself in it completely. Then its energy gradually diminishes. That can take some years.

JR: Is there an emergence or is it more that the distractions evaporate? How would you describe it? In your new book, I feel like you're the modern equivalent of the explorers that came to the new world, but an explorer and documenter of consciousness, discovering a new world.

ET: Yes, discovering is the right word. It's not that you need to make a great effort to attain it or bring it about or acquire it. It's discovering it's already



Photos by Ishi Dinim

there in you – conscious awareness that's obscured, or partially obscured, in many people. It's a discovery of something already there.

It's like waking up after a dream, because identification with the thinking mind and its stories and the old emotional conditioning is like being immersed in a kind of dream world, which very often turns into a nightmare – acting out old conditioned patterns again and again. The whole structure of the egoic mind is an old dysfunction.

There's some evidence that the ego started about 6,000 years ago, but nobody can say for sure. Before that, humans were in a state of innocence. When we go beyond the dysfunction of the ego, we regain our original innocence, but on a much deeper level. This is why Jesus said unless we become as little children we cannot enter the kingdom of heaven.

So, returning to the original innocence, and at the same time going much deeper into that with full awareness – that's the process. We're coming out of thousands of years of dreadful suffer-

ing, almost the whole of recorded history of humanity. If you really look at it in an unbiased way, as if you'd never seen it before, one cannot but admit that, to a large extent, 80 to 90 percent of it is a history of pathological insanity, the suffering that humans have created for themselves and, of course, inflicting it upon others.

JR: And exporting it through colonization to the new world.

ET: Yes, so the important part of the awakening process is the realization of the insanity in human history, collectively, to this day playing itself out in world events. Also, to be aware of the insanity within oneself – old, dysfunctional patterns that come again and again that create suffering. So when you see that you're insane, then you're not completely insane. Sanity comes the moment you realize the fact of insanity. To see insanity is not a negative thing.

JR: At least you're out of denial.

ET: Yes, that's why in the film *A Beautiful Mind*, for example, which is about a mathematical genius who did have a mental dysfunction, his mind

was developed in certain areas but he was also insane. The viewer of the film doesn't know that until a certain point when the character realizes that many of his experiences are delusions. At that moment, his healing begins. He's not cured yet, but his healing begins because he's recognized his own insanity. That recognition can only come out of sanity, which is the awareness of unconditioned consciousness.

JR: I remember you saying before you published your last book that the next one would be about why there isn't peace on this planet. Was finding a solution one of the major intentions of *A New Earth*?

ET: Yes, to see the nature of the major dysfunction. That's why I talk quite a bit about the ego in this book. We need to recognize the nature of the dysfunction. Sometimes, even very great Eastern teachers sometimes neglect that part because they're not really touched by the magnitude of, especially, the Western ego. So it's very important for us to see the dysfunction so that we can recognize it when it arises.

Part of the new book is about recognizing the ego, which I regard as a semi-autonomous energy. It's an energy field. Every thought you think is an energy field. It has a form and then it dissolves and then there is another form. The ego itself is an energy field and it has a collective and individual aspect. Every individual ego is part of the collective. They're connected. Every individual is a manifestation of the collective. To recognize that is essential because the ego, being a very clever entity, has many ways of reappearing. Even if you've seen it in one disguise, it can suddenly reappear in a new one.

You might suddenly realize your whole sense of self, identity, is being derived from your possessions and social position. You see that your whole sense of identity is bound up with that and

you recognize one aspect of ego. Well, usually it only comes to people when they suffer, when the identification with something no longer works. So, if someone loses their possessions, they suffer enormously because they are losing part of their identity. Sometimes, they suddenly wake up to that false sense of self and decide they don't want any of those possessions anymore, or that job, or whatever, and they'll go to a monastery or somewhere where they can renounce.

Fine, they do that and then we see how clever the ego is. The ego has disappeared in that disguise. So let's say the person has become a Buddhist monk, but, without realizing it, they're now identified with a mental image of themselves as someone who's risen above their old identity, now defining themselves as a spiritually evolved being. He has exchanged one identity for another with a mental image of who he is now. The ego always works by comparing itself in a subtle way to others. Before, you had to be superior because of one thing; then you become superior because of something else. Suddenly a new set of identifications and it's so subtle; sometimes these spiritual egos can be much more subtle than the gross material-based egos. It's still there.

It's recognizing the ego in its many disguises. I've met Buddhist monks who had enormous egos without knowing it. I remember being in a monastery afraid to approach them because they seemed so aloof. Yet I've met other Buddhist monks who were like little children and it was a joy to talk to them because they'd laugh and not take themselves seriously at all. They didn't take the whole Buddhist thing seriously either, yet they practised it knowing it was only a form and they weren't identified with it.

Of course, I'm not saying everybody who becomes a monk has ego, but the potential for ego is there in any situation.

continued on p. 23

Common Ground publisher Joseph Roberts with Eckhart Tolle.



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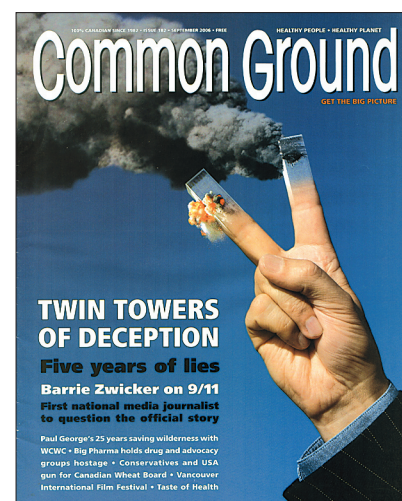
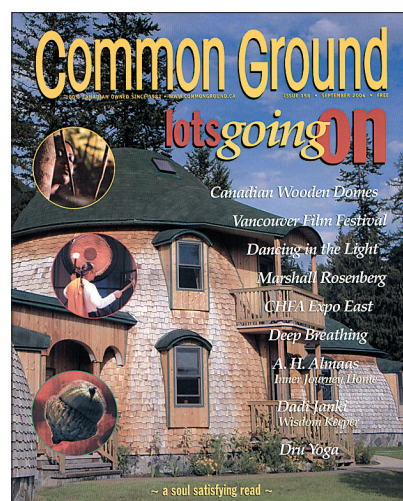
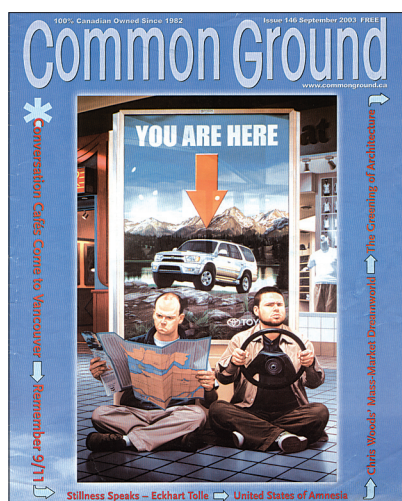
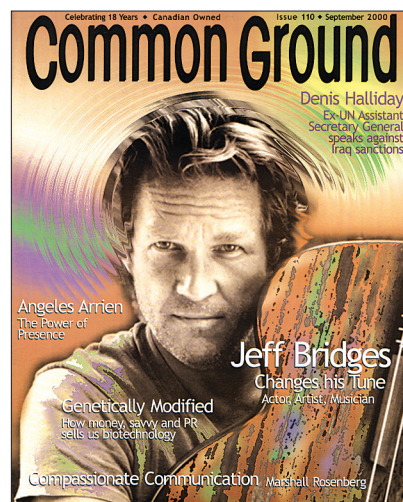
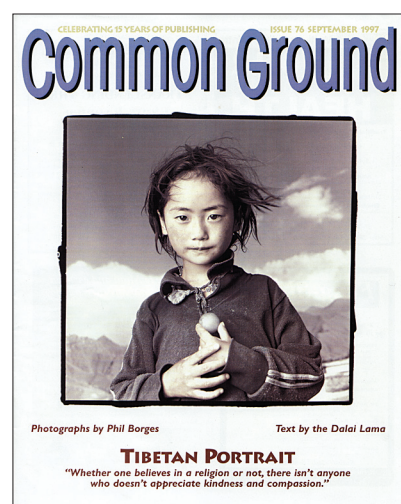
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A cyclist might have a bigger ego than the man in the SUV, especially if he hates the man in the SUV for polluting the planet and thinks he's superior. If the ego cannot be superior in any field, it will happily identify with the image of the victim, which can give you a very strong ego too. An equally strong ego is someone who thinks of themselves as inferior or badly treated by life, because, again, you have a mental image and a story that you identify with.

It always comes down to identification with forms, one thought form or another. So you miss the one thing that really matters in life, which is that there is a dimension in you beyond form. Another way of putting it is the content in your life. Everything is content: your job, your nationality, your religion, your politics, your likes and dislikes. Your whole story – the story of “Me” – is content. All the thoughts in my head are content, because it is form. Some forms stay for years, others a few seconds. Content draws you in. For some people, it may be mostly material things; the whole attention might be focused on things.

There's a dimension in us that has nothing to do with content. Self-realization is that I am not that. I'm not my story, not my grievances and hang-ups, not the story of me that I'm telling other people at parties or repeating in my head again and again. That is only form. It's temporary.

When you see what you're not, it's already liberating. Something inside you breathes a sigh of relief. Then, of course, the mind begins to ask, “What are you if you are not that?” It wants an answer. In other words, it wants some new form. It wants a new thought. There must be a thought that I am. But it doesn't work like that. That's why the great book the *Tao Te Ching* starts with the line that the Tao that can be spoken of is not the true Tao because Tao – in the ancient Chinese way of putting it – is the formless dimension. You could say pure consciousness, but with any term we use we have to be careful it's not mistaken for “It.” Otherwise, the mind comes in and says, “Oh, consciousness, yes. I believe that I'm consciousness.” It's not another belief. It's finding that spaciousness inside yourself that's there when you let go of identification of form.

The dimension of pure consciousness is what I sometimes call “space consciousness,” as opposed to “object consciousness,” which consumes most people's attention 100 percent. One damn thing after another is what human history is. But that's also the human mind for many people; one problem after another, one thing after another to occupy the attention. Always something. Almost as if the world were conspiring to keep me away from what truly matters – finding myself beyond form, beyond content.

The Power of Now got written to say the quickest way to enter space consciousness is the present moment and living in alignment with the present moment rather than against it, and that's the end of the ego. The ego cannot tolerate the present moment. It cannot survive when you're conscious of, and accepting, being one with the present moment. If you're in a state of oneness with what is, rather than running away from it or trying to deny it or fighting it, that's already the end of the ego. Suddenly, inner spaciousness opens up in which no thought is required at this moment to judge, rather than accept, this moment.

The whole compulsion to think continuously has to do with denial of the present moment and this addiction to mostly useless, repetitive and distracting thinking that humans are suffering from. It is really intimately connected with the continuous denial of the present

The only difference between you and the enlightened master is that the master lives in a state of oneness with the present moment, in complete inner “Yes.” Nothing else. He might be much less knowledgeable than you; he probably is. Buddha and Jesus had much less information than a person has today because humans didn't know that much at the time, but it didn't matter. Information is not what it's about.

moment. You're always thinking about something else. Even if you're thinking about the present moment, you'd be interpreting it in terms of the past, which is still a denial of the present.

The question is can you be in a state of openness towards what is right now, without imposing a mental interpretation on it, without denying or running away from it or making the present moment into a means to an end. The ego mind says, “I need to get to the next moment. This was just a stepping stone, but once I get there I'll be okay” because the mind is future oriented.

The simple thing is becoming one with the present moment by no longer resisting it and by being open to what is. Any moment starts with this moment. There is no other. Not imposing an interpretation on what is, letting it be. Approaching it in a state of alert, open attention. Whatever it is that the present moment contains, you approach it in that state of alert openness.

Then the greater intelligence comes into your life immediately because you're no longer operating from the conditioned mind. When you open yourself up to the present moment, you also open yourself up to the unconditioned, the far deeper consciousness, the true

intelligence. When that comes into your life, it deals with anything that needs to be done in this present moment. The response comes from that deeper level of intelligence, whatever you're doing.

That is where you bring in true intelligence. Krishnamurti called it the awakening of intelligence, which was also the title of one of his books. True intelligence has nothing to do with acquired knowledge or the ability to solve little puzzles, like IQ tests. That's a tiny ability, a small aspect of intelligence. I'm sorry if I'm offending anybody whose identity is from Mensa, but true intelligence is not that. It's not accumulating masses of facts and then calling yourself knowledgeable and deriving your identity from that because you're superior in your knowledge.

True intelligence is not to be cunning and clever in your business dealings. Ultimately, that's self-defeating because you're not taking into account the

of any wisdom, so cleverness is also of the ego. “What is my advantage?” is always the question. That is so limited, it always leads to suffering. First you create suffering for others and then it comes to you, always. That's the pattern.

Wisdom can only arise from the unconditioned dimension of consciousness and you don't have to make an enormous effort to bring that about. At some point in the future, in some remote state, as some Buddhists believe, “I need another 10 incarnations and then I'll be enlightened.” Some teachers might even tell you, “You'll be enlightened in only a few more incarnations, just wait.”

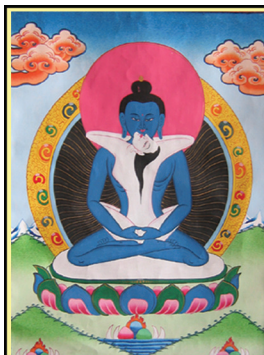
There's no time to wait. There's no need to wait. Time cannot get you to the timeless state of consciousness, so if you're looking to the future that sometime you'll be in that state, no you won't. You can simply be in that state now simply by no longer living in antagonism with the present moment.

The only difference between you and the enlightened master is that the master lives in a state of oneness with the present moment, in complete inner “Yes.” Nothing else. He might be much less knowledgeable than you; he probably is. Buddha and Jesus had much less information than a person has today because humans didn't know that much at the time, but it didn't matter. Information is not what it's about.

The realization is that the transformation of consciousness does not require time. Many people get angry when I say that because they've invested so much of themselves in a self-image as a spiritual seeker who is going to get there one day. They're so invested as seekers that, of course, they can't be finders. They're seekers and they're interested in the future more than the present, and that's the old pattern appearing in the new disguise – the old, egoic pattern.

The new dimension of consciousness, new in the sense that it's relatively new on this planet, is already there. It simply requires you to be open towards the present moment. That is the new heaven: that the new state of consciousness is there. I explain in *A New Earth* a few things about object consciousness and space consciousness and how to enter. But, basically, it's so simple even a child could understand it.





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So if you take your attention deeply

out there. You become a bridge between the unmanifested and the manifested, between God and the world. This is the state of connectedness with the source that we call enlightenment. Don't get the impression that the unmanifested is separate from the manifested. How could it be? It is the life within every form, the inner essence of all that exists. It pervades this world. Let me explain.

You take a journey into the unmanifested every night when you enter the phase of deep, dreamless sleep. You merge with the source. You draw from it the vital energy that sustains you for a while when you return to the mani-

You take a journey into the unmanifested every night when you enter the phase of deep, dreamless sleep. You merge with the source.

into the inner body, you may reach this point, this singularity, where the world dissolves into the unmanifested and the unmanifested takes on form as the energy stream of chi, which then becomes the world. This is the point of birth and death. When your consciousness is directed outward, mind and world arise. When it is directed inward, it realizes its own source and returns home into the unmanifested. Then, when your consciousness comes back to the manifested world, you reassume the form identity that you temporarily relinquished. You have a name, a past, a life situation, a future. But in one essential respect, you are not the same person you were before; you will have glimpsed a reality within yourself that is not "of this world," although it isn't separate from it, just as it isn't separate from you.

Now let your spiritual practice be this: As you go about your life, don't give 100 percent of your attention to the external world and to your mind. Keep some within. I have spoken about this already. Feel the inner body even when engaged in everyday activities, especially when engaged in relationships or when you are relating with nature. Feel the stillness deep inside it. Keep the portal open. It is quite possible to be conscious of the unmanifested throughout your life. You feel it as a deep sense of peace somewhere in the background, a stillness that never leaves you, no matter what happens

fest, the world of separate forms. This energy is much more vital than food. But in dreamless sleep, you don't go into it consciously. Although the bodily functions are still operating, "you" no longer exist in that state. Can you imagine what it would be like to go into dreamless sleep with full consciousness? It is impossible to imagine it, because that state has no content.

The unmanifested does not liberate you until you enter it consciously. This is not a conceptual truth. It is the truth of eternal life beyond form, which is known directly or not at all. But don't attempt to stay conscious in dreamless sleep. It is highly unlikely that you will succeed. At most, you may remain conscious during the dream phase, but not beyond that. This is called lucid dreaming, which may be interesting and fascinating, but it is not liberating.

So use your inner body as a portal through which you enter the unmanifested, and keep that portal open so that you stay connected with the source at all times. It makes no difference, as far as the inner body is concerned, if your outer physical body is old or young, frail or strong. The inner body is timeless.

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Ego's secret

UNIVERSE WITHIN Gwen Randall-Young

People say "I want peace." If you remove I (ego) and your want (desire), you are left with peace.

— Satya Sai Baba

There has been much talk about *The Secret*. It purports to be not just a secret, but the secret of the Universe. It is based on the law of attraction which says you will draw to you that which you focus on: Think negative, scarcity types of thoughts and that is what you will attract. Think positive, abundance types of thoughts and that is what you will bring into your life.

There is a lot of emphasis on attracting financial wealth and achieving whatever it is you want. This is very much an ego-based orientation, and both the book

terized by any or all of the following: a tense approach to life, self-esteem issues, anxiety, depression, anger issues, addictions, blocked creativity, communication problems, conflict and relationship struggles. An ego-based life also compromises one's physical and emotional health.

Soul, on the other hand, looks at people and situations from the perspective of understanding, compassion and acceptance. This leads to emotions and behaviours that are pro-evolutionary, such as unconditional loving, non-attachment, connectedness, independence, patience, allowing, openness, contentment and harmony.

This perspective leads to a life characterized by a relaxed approach, self-

We do not need to learn any secrets; our soul possesses all the wisdom we need to create an authentic, inspired life.

and movie are doing so well because the premise feeds the ego of the masses.

In *Growing Into Soul: The Next Step in Human Evolution*, I have drawn upon the work of Jonas Salk and modern science to demonstrate that the ego-based life is counter-evolutionary, both in terms of the individual and the life of the human species as a whole.

The ego thrives on personal gain, approval, winning, pride and validation. The problem is that this can lead to attachment, greed, feelings of superiority, manipulation, competition, control, co-dependency and struggle.

Our society is already driven by consumerism and competition. This has hindered, rather than furthered, our evolution as individuals and as a collective species.

We are a tribal species and a successful tribe is one in which the individuals work together for the good of all. They help each other and look out for one another. If individuals in a tribe began to only focus on their own gain, the tribe would rapidly deteriorate and the weaker ones would suffer. This is a little like a world in which some countries are steeped in the trappings of wealth, while others struggle only to survive — countries for whom the biggest luxury is clean water.

Ego looks at life in terms of "What can I get for me?" It judges people and situations from the perspective of whether they feed or threaten the ego. The ego-based life is therefore charac-

validation, balanced moods, elimination of anger reactions, release of addictive behaviours, healthy communication, increased creativity, effective problem resolution, healthy and satisfying relationships, financial responsibility and physical and emotional vitality.

This is not to suggest that we divest ourselves of all our worldly possessions and go live in an ashram. Most of us do need to continue to function in this world. It is helpful to think of consciousness evolving along a continuum from ego-based living to soul-based living. The individual who functions closer to the ego end of the continuum creates pain and struggle in life, not only for himself, but for others. The one who functions closer to the soul end of the continuum creates balance and contentment.

We do not need to learn any secrets; our soul possesses all the wisdom we need to create an authentic, inspired life. Our challenge is to remain centred in soul-knowing, despite invitations to abandon it. Being true to our souls, we may awaken the soul consciousness in others. That is precisely what we all came here to do for each other.

Gwen Randall-Young is a psychotherapist in private practice and the author of *Growing Into Soul: The Next Step in Human Evolution*. For articles and information about her books and "Deep Powerful Change" personal growth/hypnosis CDs, visit www.gwen.ca

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Vancouver film festival launches eco award

FILMS WORTH WATCHING Robert Alstead

The Vancouver International Film Festival (September 27 - October 12) has a mouth-watering line-up of cinema in store. Now that the environment is a hot issue (sorry, bad pun), VIFF has introduced Climate for Change, a new strand of eco-minded films – documentary and drama – with a \$25,000 juried environmental award.

I can recommend *Garbage Warrior*, which follows maverick architect Michael Reynolds who, having decided early on that his training was “worthless,” devoted his career to experimenting and developing totally self-sufficient eco-buildings. Reynolds’ message is that houses are one of the biggest contributors to energy waste in our society and fixing them can help reduce environmental hardship for future generations, while also freeing us from unnecessary financial burdens. “We need to be doing something now. Tomorrow morning,” he drawls, with a characteristic sense of urgency.

Reynolds has been creating earthships out of materials that would end up in a landfill – tires, cans, glass and plastic bottles – in New Mexico since the ‘70s. These fantastical-looking buildings are

completely off-the-grid. No incoming sewage pipes. No water pipes. No electricity lines. He designs his buildings to make the greatest use of available energy from light, wind and rainwater. They are free-formed shapes, using curved earth walls and multicoloured bottle domes, and they have weird stuff like propellers pointing out of them.

The grizzled Reynolds, with his shaggy, grey hair, is great company as he articulates his passion for sustainable living with a mischievous sense of humour. Oliver Hodge’s judiciously edited point-of-view piece grows in strength as it follows Reynolds’ protracted struggle with local and state authorities who shut down his community of “earthships” in 1997 for building code contraventions. Reynolds’ response, after having been robbed of his livelihood, credentials and self-respect, is to suit up and take his battle to the state senate, with a mixture of bloody-minded determination and zealous conviction. Although the film only touches on the official issues with Reynolds’ architectural inventions, it is a story well told and the good-humoured warrior at the centre is an inspiration.

Continuing with the ecological theme is Laura Dunn’s *The Unforeseen* about a confrontation between developers and individuals trying to preserve an aquifer and a favourite swimming hole, and *Khadak* (aka *The Colour of Water*), a drama that explores the fate of Mongolia’s nomads pushed into the city to avoid a livestock plague.

In a different vein is *Beaufort* (*Bufor*), a drama that focuses on a group of young Israeli soldiers holding an ancient, high fort outpost, Beaufort, in Lebanon before the Israeli army’s retreat in 2000. While largely avoiding the political issues, the film captures the daily routine and fears of the soldiers as their position becomes increasingly more tenuous. Quietly-assured direction by Joseph Cedar captures the sense of isolation, camaraderie and stresses of the situation as the soldiers face increasingly heavier shelling.

Another to look out for is *The Counterfeiters* (*Die Fälscher*), an excellent German/Austrian drama, based on a true wartime story about the Nazi effort to swamp Britain and the US with counterfeit money. Realizing that they were bankrupt and losing the war, the Ger-

mans rounded up a group of experts in their concentration camps, from the worlds of finance, printing and counterfeiting, to create perfect copies of the pound and dollar for them. Specifically, the film focuses on a criminal fraudster, recognized by his Nazi captor as “... the best counterfeiter in the world,” who manages to survive the concentration camps through his wits and his artistic ability, and then heads up the team of counterfeiters. Although the team is given special treatment in a particular block of Sachsenhausen by a corrupt Nazi commandant, tension builds as their work nears completion and struggles ensue among the team about whether they should do the Nazis’ dirty work to survive a little longer.

Based on Bohumil Hrabal’s novel, the Czech dramatic comedy *I Served the King of England* takes a lighter look at the Second World War in Czechoslovakia and the years before and after. It is told in episodic flashbacks through the eyes of a naïve, Buster-Keatonish character who dreams of becoming a millionaire by owning his own hotel. It’s unusually playful and poignant at the



General Public Lecture

Sept 16th, 2007 @ 7:30pm

9/11 Hero William Rodriguez will be speaking in Vancouver. His truly inspirational story consists of:

- Single handedly rescuing 15 people from the World Trade Center
- Leading firefighters up floor after floor, unlocking doors with the master key to save unknown hundreds of lives
- The last person to escape the North Tower before it collapsed
- Awarded the Presidential Medal of Heroism by President Bush
- Was offered millions to keep quiet about hearing explosions before the first plane hit at the WTC but chose not to accept so he could tell the truth about what he heard and saw that day
- His testimony was omitted from the 9/11 Commission Report

VENUE LOCATION:

The Maritime Labour Centre
1880 Triumph St. @ Victoria Dr.
Vancouver, B.C.
604-608-5667

TICKETS AND INFO:

\$10 General Admission
\$ 8 Seniors and Students
Available online at:
v911truth.org

Private Lecture

Sept 15th, 2007 @ 1pm-5pm

Mr. Rodriguez will also be giving a private lecture and Q &A for:

firefighters, police officers, ambulance drivers, doctors, hospital workers, and government officials ONLY.

(spouses or a special someone also welcome).

This event is NOT open to the public, and no media will be present.

*****FREE EVENT*****

Also checkout: www.9-11hero.com

PRIVATE LECTURE

VENUE LOCATION:

Sapperton Pensioner's Hall
318 Keary St. New Westminster, BC





same time. Worth seeing alone for the way it depicts the rise and demise of the Nazi dream of Aryan purity.

Finally, this year's VIDFEST kicks off VIFF this year between September 22 to 25. VIDFEST features an array of screenings and events for people into animation, games, web 2.0, mobile, interactive content, and those who want to network with like-minded individuals. VIDFEST takes place at the Vancity Vancouver International Film Centre at 1181 Seymour Street.

Garbage Warrior, *Oliver Hodge's* portrait of this environmental rebrand makes you want to drop everything and start building Reynolds-style "Earthships". The VIFF film screening sponsored by Common Ground.

For more information about VIFF, visit www.viff.org For VIDFEST, see www.vidfest.com. Robert Alstead made the feature documentary *You Never Bike Alone*. Purchase the DVD at www.youneverbikealone.com



Hopes and dreams

TWENTY SOMETHING Ishi Dinim

What is it that you want or wish for? I'm sure I'm not too different than most; I have a huge list of desires. They start with what I want for me and then for my family and friends. They ripple out to my neighbourhood and community,

if our dreams are achievable; it's in trying to manifest and make them tangible that we discover possibilities.

Each one of us has individual desires and also dreams for the greater whole. What is it that people want most: health, success, love? Sometimes in chasing an

Sometimes in chasing an individual dream we forget about our dreams for the whole. Can I dream of a healthy environment and still want a car? I can strive to save the environment, but I still need to drive to work every day.

expanding to the city, country, society and the whole world. But I can easily bounce from wanting world peace to wanting an ice cream.

Do you know and acknowledge all of your dreams; can you share them with others? Some dreams are achievable and others are not. Sometimes it is difficult to discern the difference.

More often than not, we won't know

individual dream we forget about our dreams for the whole. Can I dream of a healthy environment and still want a car? I can strive to save the environment, but I still need to drive to work every day. The same can happen if you give all of yourself to an external cause and forget to care for yourself or your relationships.

We can pursue both at the same time.

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Martin Luther King still had a family and his own personal motivations, while chasing the larger dream of civil rights and equality. He became the face of the collective dream shared by many. Some dreams are individual, but others, the ones others share, can become the spark for a movement of change. Some dreams can only be realized by one individual. They are very specific, like a dream held by the inventor of a unique creation. Others can be as common as breathing air.

Not everyone needs to have a dream like Martin Luther King. Not everyone wants a new SUV. One person's dream of justice and equality or four wheel mastery will be another person's nightmare. I look forward to sharing my own dreams with the world some day and I hope you'll share yours with me.

Quotes:

Cherish your vision and your dreams as they are the children of your soul;

the blueprints of your ultimate achievements. — Napoleon Hill, author of Think and Grow Rich

Throw your dreams into space like a kite, and you do not know what it will bring back, a new life, a new friend, a new love, a new country. — Anaïs Nin, The Diary of Anaïs Nin

When one of your dreams comes true, you begin to look at the others more carefully. — Anon

The greatest achievements were at first and for a time dreams. The oak sleeps in the acorn. — James Allen, author of As a Man Thinketh

Ishi graduated from Emily Carr Institute of Art and Design in 2001, with a BFA major in photography. He makes films, collects cacti and ponders many things. Currently he is trying to figure out what to do with the rest his life. contactishi@yahoo.ca Waiting to hear echoes back...

9/11 the plane truth

On September 11, 2001, at 8:14 AM, American Airlines flight number 11 missed a clearance; the pilot failed to climb despite being ordered to do so. Controller Pete Zalewski quickly realized that the plane had gone NORDDO – radio contact had been lost – making further communication with the pilot impossible. Failing to re-establish contact, Zalewski alerted his superior John Schipanni. At 8:21 the transponder signal was also lost; the plane strayed way off course and Schipanni was on the phone with the command structure at NEADS, the North Eastern Defense Sector of NORAD (North American Aerospace Defense Command).



NEADS did what it is mandated to do, which is to scramble aircraft to track down the errant airliner. By 8:27, two F15's from Otis Air Force base, Cape Cod, Massachusetts, were approaching the eastern tip of Long Island at "full blower" (1,800 mph). Meanwhile, AA 11 found itself just south of Albany, still 19 minutes away from One World Trade Center.

Unfortunately, this is not a description of what actually happened, but rather an illustration of how easy it ought to have been for the US military to intercept AA 11 long before it reached Manhattan. According to Robin Hordon, a former air traffic controller out of Boston Center, the intercept might have occurred around 8:34 AM, perhaps over the Hudson River, near Poughkeepsie, NY. "The interceptors would have seen trouble in the cockpit... They would have taken steps to take control of AA 11 and lead it to a nearby airport... They would have noticed that AA 11 was not responding... They would have armed their weapons and waited for instructions..." Hordon notes.

Hordon is clear that the pilots would only have waited so long. "Seeing what was about to happen... they would have shot AA 11 out of the sky a few miles north of WTC 1... and prayed for the

people on the ground," he says.

Actually, Otis fighters were not ordered to go after AA 11 until 8:46 AM, at which point the doomed aircraft was already crashing into the North Tower. Another six minutes were lost before Duff (Lt. Colonel Timothy Duffy) and Nasty (Major Daniel Nash) finally took to the air at 8:52 AM, a full 38 minutes after AA 11 first showed signs of trouble, and 10 minutes past the point when controllers became aware of a second in-flight emergency. Having failed to catch AA 11, how did Nasty and Duff also manage to miss United Airlines 175, given the additional 17 minutes it took for this flight to reach New York?

UA 175 veered off course at 8:42 AM

Center, chose to attend a meeting with senator Max Cleland and received no further briefings until 37 minutes later, when the Pentagon had already been hit. On September 11, 2001, the nation's highest ranking military officer made no discernible contribution to safeguarding his country, either during or immediately after the event. Two days later, he failed to recall even the most basic details of the botched operation. For this, G.W. Bush chose to award Myers with a Presidential Medal of Freedom.

A better explanation than incompetence is that the military was not trying very hard to prevent the attacks from succeeding. This is what is meant by the term "stand-down" – the allegation

to fly out over the Atlantic Ocean, eventually turning up over NYC at 9:25 AM. In other words, it took them a full hour and 11 minutes from the moment of the first in-flight emergency to arrive at the scene. This falls short of the usual NORAD standard, which is to be "... in a position to kill within five minutes."

If it can be proven that a stand-down did indeed occur, it is also clear that powerful forces within the American political establishment are complicit in the attacks themselves; 9/11 was an inside job. To understand why this is actually the most reasonable scenario, one must do what very few people have yet to do: take a close look at the latest official explanation. By now, there are at least three conflicting official military accounts of these events. For the purpose of this article, all quoted times reflect the latest official timeline, which is least damning to the military.

Consider Major General Larry Arnold's testimony at a 9/11 Commission hearing on May 23, 2003. According to Arnold, commanding general of NORAD's continental region, two fighters from Langley Airforce base in Virginia were scrambled in response to the hijacking of United Airlines 93. But Arnold now asserts that the military did not learn of this hijacking until after the plane had already crashed! With respect to the same flight, the military had claimed that it was prepared to shoot down the plane, in accordance with a shoot down order given by Vice President Dick Cheney. But the revised account asserts that Cheney himself did not become aware of the hijacking until 10:02 AM, one minute before the plane crashed, and did not issue the shoot down order until after the crash.

These and other examples of false tes-

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and changed its transponder signal at 8:47 AM. How long, realistically, would controllers, who were aware that a plane had just crashed into the North Tower, delay before alerting the military of this second hijacking? If the military is to be believed, they waited until 9:03, coinciding with the horrifying moment that millions of us witnessed live: Flight 175 plunging into the South Tower, erupting into a massive fireball.

The military has denied allegations of gross dereliction of duty. No commanders at NORAD have been demoted, or even reprimanded, for their failure to protect the US on September 11, 2001. In charge of the military that day was Vice Chairman of the Joint Chiefs of Staff, Air Force General Richard B. Myers. Myers was sitting in for Army General Henry Shelton, who was on a transatlantic flight. Two days after the attack, Myers was promoted to become the new Chairman of the Joint Chiefs of Staff.

According to investigative journalist Will Thomas, speaking at the 2007 9/11 Truth Conference in Vancouver, "Some would call [Myers' actions that day] treason." By his own account, which he later modified, Myers ignored a report that a plane had gone into the World Trade

Center, that while lower ranking members of the military did all they could have done to mitigate disaster, there were key, top-level individuals who deliberately sabotaged the operation.

The two Otis fighters, for example, launching as late as they did, should still have arrived in New York City before UA 175. According to the 9/11 Commission report, what happened instead is that these planes did not head towards New York at all, but were somehow directed



timony given before the 9/11 Commission can be found in David Ray Griffin's latest meticulously referenced book, *Debunking 9/11 Debunking*. Dr. Griffin, author of five books on 9/11, notes that these revised timelines also imply that "virtually the entire account given by NORAD on September 18, 2001, which served as the official story from that date until the issuance of *The 9/11 Commission Report* in July 2004, was false."

Before reaching a conclusion as to whether or not the military's current account, which places the blame entirely on the Federal Aviation Authority (FAA), is even remotely plausible, it is important to note that, by recanting their earlier testimony, Larry Arnold and Colonel Alan Scott (working closely with Arnold) appear to be guilty of perjury. It raises the question as to why Arnold and Scott would have chosen to concoct a story that opens the military to charges of treason when the simple truth would have absolved them of such charges.

Their revised account alleges that the FAA failed repeatedly, with respect

One person who has argued convincingly that there had to have been an "institutional stand-down" is Robin Hordon. He believes that this stand-down was instituted through a series of subtle changes in how DoD (Department of Defense) protocols were to be interpreted and subsequently applied. These changes went into effect in June of 2001, shortly after the "election" of G. W. Bush, when military scrambles mysteriously ceased. Over the previous 10-year span, there had been a total of 1,500 scrambles, an average of 12 a month. Between September 2000 and June 2001, there were 67 documented scrambles, but in those three months leading up to September 11, 2001, there were no documented scrambles at all.

What changed? According to Hordon's analysis, a key point is the sudden shift in emphasis, away from the commonly used "in-flight emergency protocol," towards the rarely invoked "hijacking protocol." At the Vancouver 9/11 Truth Conference, Hordon explained the effect of this "sophisticated slight of

The real mystery is why we have chosen to let the US military and its civilian task masters get away with this inexcusable failure. Anyone who has yet to examine the official account should read *Debunking 9/11 Debunking* or William Thomas' latest book *Days of Deception: Ground Zero and Beyond*, which examines the stand-down in great detail.

If we truly deserve democracy, we must accept our responsibility to demand answers, where answers are called for, and to cry foul when the explanation given fails to make sense. Thomas crystallized the most pertinent question this way: "Why were interceptors launched late, from remote bases, flying in the wrong direction at speeds slower than the airliners they were chasing?" A follow up question might be, "Why were planes that were already in the air, well within striking distance, ordered back to their bases at supersonic speed?"

The military's refusal to answer these basic questions implies guilt.

Corporate, mainstream media continues to insist, absurdly, that there must be some kind of benign explanation for all this – an explanation it has failed to provide. It is important to note that we're not asking the media to speculate who was responsible for 9/11. It would be sufficient if reporters started by merely revealing the facts. For example, to date, most people are unaware of the existence of "Phantom Flight 11." While the military failed to scramble jets in response to actual hijackings, it did manage to send its Langley fighters after a ghost plane.

Many of us are unaware that there were no less than 12 military exercises taking place that day, including one that postulated aircraft smashing into buildings. The historian webster Griffin Tarpley, who explained at the conference how these exercises made the stand-down possible, believes that there were as many as 25 military drills that directly contributed to the 9/11 operation. Of all these exercises, only one – Vigilant Guardian – is mentioned in the 9/11 Commission report.

A May 2001 special directive of the president had placed Cheney in charge of all US defense drills. "If you're looking to charge someone with treason, you should start [with Cheney]," Thomas suggests, as Cheney was personally responsible for ensuring maximum confusion and chaos on September 11, 2001.

There is one other special directive, of which there have been quite a few lately, that too many of us are not aware of. On May 4 of this year, Bush signed NSPD 51, his own version of Hitler's article 48. The directive will grant Bush and Cheney dictatorial powers on the very next terror pretext. The relevance of this ominous directive, parts of which are so secret that no one is allowed to see them "for security reasons," cannot be overstated. It is something to consider, for those who mistakenly believe that 9/11 is past, or that it does not concern them.

On September 11, 2001, the US military let America down. What is less clear to some is that by failing to hold the military accountable for its failure, we have let ourselves down as well. Thankfully, it is never too late for justice or for truth to find the light of day. William Thomas concluded his speech with an urgent call to action, "We've had the stand-down. Now it's time to stand up."

Suggested websites:

Paul Thompson's exhaustive *Terror Timeline*: http://cooperativeresearch.org/project.jsp?project=911_project
Vancouver 9/11 Truth Society: www.v911truth.org
 William Thomas: www.willthomas.net

Sept. 16 - 9/11 Hero William Rodriguez Speaks Out: The last man out of the WTC tells his personal story, 7:30 PM, Maritime Labour Centre, 1880 Triumph St., Vancouver. Tickets: \$10/\$8 at www.v911truth.org. Also visit www.9-11hero.com. See p. 26 for details.

Michael Hey is a freelance writer and filmmaker living in Vancouver.

The US military let America down. What is less clear to some is that by failing to hold the military accountable for its failure, we have let ourselves down as well.

to four separate in-flight emergencies in one morning, to alert NEADS that something was wrong. It is noteworthy that, as was the case with the military, no one at the FAA has been fired or found guilty of any kind of negligence in this matter. On the contrary, there has been much praise for the FAA's performance that day, for the unprecedented feat of landing 4,500 aircraft in a span of roughly two and a half hours.

The military could and should have intercepted the first two hijacked airliners. But the problem of the mounting delays between when the problems surfaced, and such time that something was done in response, is compounded in the cases of the later hijackings by virtue of the fact that both the FAA and the military were by now aware that "America was under attack."

Consider American Airlines 77, the flight which allegedly crashed into the Pentagon. It veered off course, lost its transponder signal and radar target and was lost to positive radar identification at 8:54 AM. The military is asking us to believe that they were not notified of this occurrence until 40 minutes later!

How did this flight, piloted by Hani Hanjour who was refused rental of a Cessna because he couldn't control it, penetrate what is arguably the world's most closely guarded airspace? Why were no interceptors deployed from Andrews Air Force base, which sits less than 30 kilometres from the Pentagon?

written hand" in great detail.

Those demanding hard evidence, in the form of a document or a memo, are missing the point. Hordon himself predicts that we "... will never find a military operative or a set of words that will expose a clear stand-down order for 9/11." But regardless of how the architects of this stand-down managed to cover their tracks, the military's failure to show up on 9/11 is in itself irrefutable proof of a stand-down. As Hordon and others have openly wondered, once it was clear that "America was under attack," would it not have made sense for a national defense emergency to be declared, with all military assets taking to the air to protect America's cities? No such precautions were deemed necessary and even Air Force One, when it finally left Sarasota, Florida, at 9:55 AM with the president on board, received no military escort.

The American people pay dearly to live in the most heavily guarded country in the world. Half the US budget is now spent on defense. US military spending is nearly equal to that of all other nations combined. Yet the day this awesome defensive capability was tested, the military failed spectacularly to protect its own people. The attack came not in the form of a high speed cruise missile, but rather four sluggish airliners, three of which hit their targets with incredible accuracy. Should citizens not have the right to wonder what went wrong?



Vancouver International Film Festival



September 27th - October 12th 07

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GARBAGE WARRIOR (UK, 87 min.)

Garbage Warrior architect Michael Reynolds started building houses out of garbage (old tires and empty pop bottles) almost 30 years ago—it's taken until now for the world to catch on. Oliver Hodge's portrait of this environmental firebrand makes you want to drop everything and start building Reynolds-style "Earthships..."

<GRBAG>

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The Green Chain (Canada, 87 min.)

These seven monologues from different perspectives on the logging industry and the environment will challenge your perspective regardless of your stance. Writer/director Mark Leiren-Young presents a nuanced and engaging look at one of BC's biggest and most controversial industries. <GREEN>



Homeless FC (Hong Kong, 103 min.)

The only thing the members of the Dawn Team have in common, other than a love of soccer, is that most of them live on the street. This remarkable documentary follows the players as they prepare for the game of their lives at the annual Homeless World Cup in South Africa. <HLESS>



Daughters of Wisdom (USA, 68 min.)

A groundbreaking look at Tibet's first monastery for women, Bari Pearlman's intimate portrait of a rare and extraordinary spiritual community—and the women who created it—is firmly in the tradition of such hits as The Saltmen of Tibet and The Cup. "Beautiful, important and poignant."—*Filmmaker* <DAUGH>



The Unforeseen (USA, 93 min.)

When a developer's subdivision in Texas threatens a fragile limestone aquifer and a swimming hole, the locals fight back... "Observing locally and thinking globally, Laura Dunn's astonishing debut documentary is the kind of transformative viewing experience that has made the current period a golden age for nonfiction film."—*Variety* <UNFOR>



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Greenway wins

Guy Dauncey

EARTHFUTURE

What do we want? The Greenway! How will we get it? Our way! When do we want it? Now! Those were the words that resounded in the mind of defeated Cabinet Minister Kip Sparrow as he tossed and turned in his bed on a hot 35 °C summer's night in June 2009, wondering where it all went wrong.

Why did the people of Metro Vancouver turn so strongly against his vision of Canada's Pacific Gateway? The videos were so convincing, the bridges and freeways looked so sleek and the whole multi-billion dollar project was so... sexy.

Why did they write graffiti on the Gateway posters, adding, "Destroying our environment for the next generation – and beyond"? Why did they turn against the largest transportation investment in provincial history? Didn't they hate the traffic congestion that was making life on the Lower Mainland so slow as much as everyone else did? If only he hadn't had to bother with those time-consuming environmental assessments.

In the fall of 2006, when the defenders of Eagleridge Bluffs were defeated and Betty Krawczyk was packed off to jail for trying to stop that fragment of beauty from becoming part of the "Road to the 2010 Olympics," everything had seemed so promising. The premier was enthralled with the ever-expanding trade with China, and the ministry of transport had responded with the best possible solution: a vision of roads and bridges that would make the smallest engineer proud.

Maybe it was just as well he had lost his seat. That big all-day meeting in March 2008, when the mayors of Metro Vancouver had met with planners, sustainability experts and community leaders, had been very confusing. They had thrown out the entire conceptual framework of new roads and bridges and efficient road capacity, and were talking instead about sustainability, integrated mobility – and climate change. They just wouldn't accept that allowing traffic to travel more smoothly would reduce the impact on climate change.

While Kip was failing to get to sleep, the celebratory evening was still in full swing in Hastings Park, where the widened Highway One would have ended, dumping its traffic into Vancouver and Burnaby. The full extent of the government's turnaround will live long in the region's memory, and be taught in urban planning schools around the world.

Global climate change had been the impulse that made so many people come

together to sing that chant, but the key to the movement's success had been the willingness of its many players to put the many pieces together in an integrated manner. They had held community meetings in all the affected areas, from Ladner and Surrey to Maple Ridge, where they had laid out the two visions – Gateway versus Greenway – and listened to the feedback.

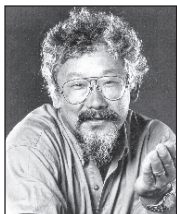
The central idea of the new Greenway Program was "sustainably integrated mobility for all." It included a major investment in public transit, three new bus rapid transit lines (including across the Port Mann bridge), a whole new service of luxury commuter shuttles, 2,000 miles of new cycle lanes, bicycle boulevards and long-distance cycle paths, 10,000 city U-Bikes modelled on Paris' Velib scheme, a community rail link from Surrey to Chilliwack, 50 new SkyTrain cars, the expansion of Vancouver's car-share scheme to the entire region, a new LiftShare program, a personal travel card that made it possible for every citizen to pay for all these options electronically and reduced transit fares and electronic timetables at transit stops that told you exactly when the next bus would arrive.

The Greenway program had been costed out at half the price of the Gateway Program, and it was to be financed by a \$2 congestion charge on every water crossing, and increased parking charges, with payment by Automated Number Plate Recognition and the normal range of choices. As an incentive, the charge would be waived for fuel-efficient and electric vehicles and there would be EV charging posts in every car park.

With the plan in place, a brochure was delivered to every household in the region, and the Greenway team lined up an impressive array of community, environmental and business leaders to argue their case. The Livable Region Coalition joined forces with the Gateway 40 network of groups (www.stopgateway.ca) opposed to the plan and soon there were 400 groups and 50,000 individuals calling for the Greenway, not the Gateway, and an email petition that went global gathered 250,000 signatures. Soon after, with the provincial election only a year away, the premier announced the rebirth of Gateway as the Pacific Greenway Program – Canada's Gateway to The New Sustainable Pacific.

Kip took it well and dutifully smiled at the announcement ceremony, but inwardly, he was sad. All those shining new bridges and freeways – it looked as if they would never happen.

Guy Dauncey is president of the BC Sustainable Energy Association (www.bcsea.org). To join the Livable Region Coalition, visit www.livableregion.ca



Let's look before we leap

SCIENCE MATTERS David Suzuki

Canadians are a well-fed bunch. We do not generally have to worry about our food supply. For most of us, it's just a matter of heading to the nearest grocery store. But global warming and the need to move toward more sustainable ways of food production could gradually change what we eat and how we get it.

Most people have heard about the problems associated with global warming and what it will do to our climate. We are more likely to get longer periods of drought and heat waves could become more frequent or more intense. That could pose serious problems for our farmers, especially on the Prairies.

But if global warming also lengthens the growing season, it would have a beneficial impact on farming in Canada, at least in some areas. Although more carbon dioxide (the main greenhouse gas)

ENVIRONMENT

grow differently. Generally, plants take up nitrogen from the soil in order to create proteins needed to help convert atmospheric carbon dioxide into sugars. But at higher carbon dioxide levels this job gets easier so plants create less protein and take up less nitrogen from the soil.

But if plants don't create as much protein, they could become less nutritious – for humans as well as everything else that eats them. This could have implications throughout the food chain because many creatures depend entirely on plant-based proteins, including important livestock like cattle. Studies done on plants grown with higher levels of carbon dioxide confirm that they do indeed contain less protein, though scientists are not sure how serious the problem will be.

By 2050, carbon dioxide concentrations could make French fries poisonous, beer foamless and wheat flour unbakable.

in the atmosphere from burning oil and gas is the primary culprit behind global warming, carbon dioxide itself can actually enhance plant growth. Commercial growers often take advantage of this enhanced growth by adding carbon dioxide to the air inside their greenhouses.

Because of these benefits, some people believe that, although global warming will force changes to where and how we farm, it might have an overall net benefit to Canadian agriculture. Our growing season is so short that warmer temperatures and higher levels of carbon dioxide likely couldn't help but increase yields. Could this really be an upside to global warming?

Unfortunately, the issue is not that simple. Not surprisingly, nature is often far more complex than we first anticipate, and that's certainly the case with how plants respond to changes, such as increased greenhouse gases in our atmosphere. For example, according to a recent article in the journal *Nature*, very little is known about what other effects enhanced carbon dioxide levels will have on our food. And some scientists are concerned that this knowledge gap isn't being addressed quickly enough.

As it turns out, higher carbon dioxide levels have other effects on plants, and not all of them are good. Many crops won't just grow faster in an enhanced carbon dioxide environment; they will

Some believe that the protein deficiency could potentially be made up by adding more nitrogen fertilizers to the soil, but that poses other environmental problems as nitrogen runoff from farms is already a major source of water pollution.

In higher carbon dioxide environments, the type of protein produced by plants also changes, which could alter the nature of some of our foods. Bread, for example, depends on a specific kind of protein called gluten, which is key to making bread rise. Other foods could be affected too. Andreas Fangmeier, a German professor of plant ecology and ecotoxicology, once said that, by 2050, carbon dioxide concentrations could make French fries poisonous, beer foamless and wheat flour unbakable. An exaggeration, most likely, but he raises an interesting point – one that we currently know very little about.

Global warming is a very serious problem, but it is also one that is both fascinating and perplexing in its complexity. When everything is connected, you never know what one change in the natural world will mean to the entire system. We just have to remember that, ultimately, whatever changes we make will come back to us in the end. We had better choose carefully.

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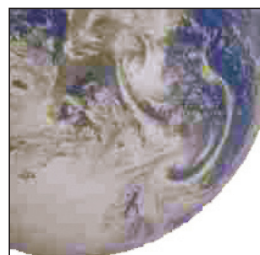
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Free John Graham

by Chusia Graham

BC Supreme Court set to decide Graham's extradition fate

In the '70s, traditional Lakota people opposed the leasing and selling off of reservation lands for mining operations. While the Elders of the Pine Ridge Indian Reservation cried out for help to protect the Lakota's sacred ground and traditional way of life,

dence, Leonard Peltier, a citizen of the Anishinabe and Lakota Nations, was extradited from Canada for the murder of the two FBI agents. The primary evidence against Leonard was provided by Myrtle Poor Bear, who, according to some sources, was mentally unstable

We are preparing for the worst, which is extradition to South Dakota. We need all the help, support and interest that we can get... John Graham is a political prisoner. I will fight until John Graham, my dad, is free to live his life in peace and to practice his right to protect Mother Earth.

which was in jeopardy, the US government supported and funded the tribal government, headed by Richard Wilson who favoured uranium mining. It was clear that violence would be applied against any opposition; the FBI was supporting the tribal police with weapons and training.

On June 26, 1975, a shoot-out took place at Pine Ridge, resulting in the deaths of two FBI agents and one Native American man. Based on fabricated evi-

and apparently tricked into it. She had never met Leonard Peltier.

Fast forward to 2003 when John Graham, a citizen of the Champagne and Aishihik First Nations of the Yukon, Canada and a Canadian citizen, along with co-accused Arlo Looking Cloud, is charged with the 28-year-old murder of Nova Scotia Mi'kmaq Anna Mae Pictou. Graham and Pictou were friends and both had been involved in the struggle for Native rights. At the time of his arrest,



John Graham with daughters Naneek (left) and Chusia (right).

John had been living in Vancouver for several years. Arlo Looking Cloud was convicted of first degree murder in a trial that lasted three days (The same judge is assigned for John Graham's trial). Twenty-three witnesses were called by the prosecution, and one for the defence. One prosecution witness admitted she was paid \$43,000 to cooperate with the FBI. Her testimony was mainly focused on Leonard Peltier's case. The purpose of her testimony was to have on record that Leonard Peltier had confessed to killing two FBI agents in a shoot-out at the Pine Ridge Reservation on June 26, 1975. Leonard Peltier has always maintained his innocence.

The evidence in John Graham's case is hearsay and an attack on the First Nations People. Having lied and fabricated evidence in the past (with Leonard Peltier), the US government should have to provide real evidence – forensic, date of death, credible witnesses (vs. hearsay or paid-off individuals) before any citizen of Canada is handed over to the US, ever again. This is not just a First Nations issue; it is everybody's issue because the laws are set up to accommodate the US. All a willing (paid-off) person has to say is that they heard you did it and that constitutes enough "evidence" to extradite someone. In fact, all that is needed for the extradition to occur is a description of you.

With respect for Anna Mae Aquash and the 65 others who died in the '70s at Pine Ridge, a full, private investigation needs to happen. What happened at Pine Ridge must be recognized as a massacre. The rumour accusing Anna Mae Aquash of being an FBI informant originated with the intention of separating American Indian Movement (AIM) members and turning them against each other. Another

rumour circulated that caused an even larger split: "Native man kills native women." The struggle and separation grew larger and created a distraction.

On June 26, 2007, the BC Supreme Court denied John's extradition appeal. At the same time, Cash Minerals Ltd. released a report about the amount of uranium found in the Yukon, where John Graham was born and raised. Cash Minerals is a Canadian-based company focused on uranium exploration in the Yukon Territory. The company released a report about its 2007 exploration program in the Yukon. As of June 26, 2007, Cash Minerals and joint-venture partner Mega Uranium Ltd. had drilled more than 4,000 meters, of which 2,700 meters were drilled at the Odie property, one of 19 properties under the Yukon Uranium project. Uranium mining contributes to the destruction of the planet. The killing of Anna Mae Aquash and the 65 others was to turn us against each other and start the finger pointing.

We are currently asking for permission to be heard in the Supreme Court of Canada. We are sitting in a position of not knowing if Canada will extradite another innocent man or not. We are preparing for the worst, which is extradition to South Dakota. We need all the help, support and interest that we can get.

John Graham is a political prisoner. I will fight until John Graham, my dad, is free to live his life in peace and to exercise his right to protect Mother Earth.

The John Graham Defense Committee would appreciate the public's support in writing letters to government on behalf of John. It would also welcome volunteers and talent for a proposed fundraiser. More info at www.grahamdefense.org; grahamdefense@hotmail.com

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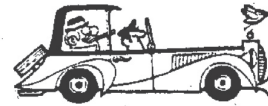
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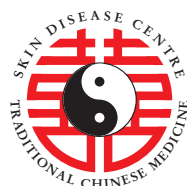
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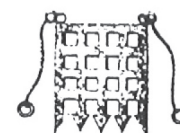
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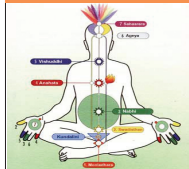
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Fall clean-up

ON THE GARDEN PATH Carolyn Herriot

This is a perfect time to redesign the garden. Move plants, get rid of hideous colour clashes and change plants that dwarf or hide others. Add exciting new plants to discover in next year's garden. Colourful spring bulbs and flowers, such as Forget-me-nots, wallflowers, primulas, pansies, Sweet William and *Bellis* daisies provide lots of cheery spring blooms.

Tip: Buy spring bulbs early for the best selection.

Herbaceous perennials should be divided every three to five years to keep plants the right size in the border and flowering well. This is best done while the soil is warm and moist. Lift the plant, avoiding root loss, and chop the clump into smaller sections with a spade, axe or two forks placed back to back. Keep only healthy sections with good roots for replanting.

Tip: Perennials that flower in the fall are best divided in spring (e.g. *sedums*, *Rudbeckias*). Those that flower in spring

and early summer are best divided in the fall (e.g. peonies, irises). Do not replant peonies or irises too deeply or they will not flower.

Save leaves from large trees such as maples, oaks and chestnuts. A covering of leaf mulch insulates roots, feeds the soil, helps retain moisture and improves soil structure. Mulch also provides an extra layer of protection to half-hardy, tender plants such as gaura and penstemons and vegetables such as artichokes, beets and carrots. Wrap frost-sensitive plants such as bananas or *Echium* with burlap sacking.

Cut back ornamental grasses discriminately. *Calamagrostis acutiflora* "Karl Foerster" and *Spartina pectinoides* hold their shape through winter, providing interest for winter months. Herbaceous grasses become brittle and are more easily cut back in spring. Sow fall cover crops

such as fall rye, winter wheat, barley or field pea on empty beds from now until early November. They will be dug under as green manure crops in the spring.

Gather herbs, such as rosemary, thyme and sage, for drying. Cut stems about six inches (15 cm) long, bunch and tie them and put in paper bags and hang in a warm, dry place. After about 10 days, the herbs should be ready for storage in darkened, airtight jars.

Check your garden for ripe seeds and collect them by shaking into clean, dry buckets or placing into brown paper bags. To clean them, remove the chaff from around the seeds and carefully blow away any debris and dust, which may contaminate stored seeds. Spread cleaned seeds out on plates or trays and allow to dry thoroughly before storing in labelled envelopes or airtight yogurt containers.

When the last crops of raspberries have been harvested, cut the woody fruited canes down to soil level. This helps prevent pests and diseases from developing, and lets in light to promote new cane growth. Prune out the fruited canes of blackberries and hybrid berries such as boysenberry, tayberry and loganberry. Tie the remaining canes on to their supports to prevent winter damage.

The wingless, female winter moth walks up fruit trees from September on to lay her eggs on the branches. The

resulting green caterpillars feed on foliage and blossoms the following spring. Tie grease bands around fruit tree trunks to keep the moth out of the tree. Use one or two six-inch, removable wraps (such as burlap sacking tied around the tree with twine) and coat them with a sticky product such as Tanglefoot™. **Tip:** Press the bands firmly around the trunk to prevent the moth from crawling under.

Due to the prevalence of bacterial canker on the wet West Coast, cherry trees and all stone fruits (peaches, apricots, etc.) should be pruned in late summer or early fall after the fruit has been harvested. After harvest, the flow of sap slows down dramatically and the leaves start to turn a month later. When the wood is drier, pruning cuts heal more quickly, making it less likely that bacterial canker will enter the cuts in winter. Annual pruning is not required other than to help keep a balanced canopy or restricted form. Cut into clean wood, remove any diseased material that could infect the tree and make sure you disinfect all pruning tools between trees.

From A Year on the Garden Path: A 52-Week Organic Gardening Guide by Carolyn Herriot. Second edition \$24.95. Available from your favourite bookstore or order online at www.earthfuture.com/gardenpath

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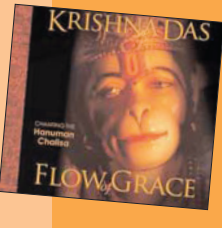
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SEE PAGE 3 FOR DETAILS

SEP 7-9
Join David Allen Jones, creator & founder of Free the Heart for a 3-day workshop — a journey to self-discovery and healing, www.freetheheart.com

SEP 8
Shamanic Drumming & Dreaming Circle: Saturday, 7pm. Learn to experience insight/healing from your Nature Spirit guardians. Vancouver Multi-Cultural Centre, 1254, W. 7th. By donation. Earthsong Healing Circles. 604.418.9636, www.shamanichealing.info

SEP 14-16
Self-Governance Workshop hosted by the Institute of Shamanic Medicine. Deeply transformative journey of creating your own Medicine Wheel of inner balance. Info/registration: 1-877-329-8668, www.shamanicmedicine.ca

SEP 14-16
Hand Reflexology Introduction commences certificate weekend course. Intro: \$10, Course \$295. Pacific Institute of Reflexology, (604) 875-8818, www.pacificreflexology.com

SEP 16
9/11 Hero William Rodriguez Speaks Out: The last man out of the WTC will tell his personal story and what he experienced first-hand. 7:30pm, Maritime Labour Centre, 1880 Triumph St., Vancouver. Tickets: \$10/\$8 at www.v911truth.org Also visit www.9-11hero.com

SEP 16
Lost Stream Walk with Terry Slack: 10:30 AM-12 PM, Tsusnam Creek opposite Fraser River Park @ 75 Ave. & Angus. www.falsecreekwatershed.org or email aquastar@telus.net

SEP 22
Wolfsong Chanting Circle - Autumn Equinox Celebration: Saturday, 7pm. Participate singing shared sacred healing chants from the Spirit of the Land. Bring your N. American style drum. Vancouver Multi-Cultural Centre, 1254 W. 7th. By donation. Earthsong Healing Circles, 604-418-9636, www.shamanichealing.info

SEP 26
Planetary Peace (Twin Hearts) Meditation Join us for this powerful meditation held on the full moon, 7:30 PM. 2950 Laurel St, Vancouver. www.pranichealing.ca/vancouver

SEP 27-OCT 12
Vancouver International Film Festival and launch of VIFF's Climate for Change films & environmental award. Line-up of films at www.viff.org

SEP 28-30
LIVING VISION: A rare gathering of gifted visionaries, artists and healers. Join in the spirit of community and co-creation at beautiful Sasamat Lake. Register at LivingVision.ca, Paul Scott: 604-813-2206.

SEPT 28-30
Foot Reflexology Introduction commences certificate weekend course. Intro: \$10, Course \$295. Pacific Institute of Reflexology, (604) 875-8818, www.pacificreflexology.com

SEP 29
World Peace Forum Society and US - United for Peace and Justice for Peace Without Borders —Building the Movement, Peace Arch State Park, Strategic discussions 10am-1pm re Northwest Regional Peace Forum 2008. Concert featuring David Rovics, 2-5pm, www.whatcompjc.org, www.worldpeaceforum.ca

SEP 29-30
Taste of Health 2007 Vancouver's vegetarian food & lifestyle festival: Sat/Sun Exhibits, workshops, speakers, bookfair, veggie court. Commercial Drive. Croatian Cultural Centre, www.earthsave.ca

SEP 30
An Evening With Loreena McKennitt: An ancient muse tour. Orpheum Theatre, reserved seating. www.ticketmaster.ca, 604-280-4444.

SEP 30
Salmon Celebration - BC Rivers Day: 12-4 PM, Vanier Park (near Maritime Museum). Free festival and parade. All ages. Crafts, entertainment, food, storytelling, wooden boat building, Environmental fair and First Nations participation. www.falsecreekwatershed.org

OCT 3-7
Spiritual city of Damanhur presents an introductory evening & Workshops in Vancouver: Politics & Spirituality, Ancient Civilizations, Community Building & more. Info: 604-913-8477, www.damanhur.info (See display ad this issue.)

OCT 4
Biospirituality Workshop with Lucy Bowers, certified Focusing trainer: Invite your body to add its wisdom to your spiritual journey, in a climate of caring presence. In Victoria, location TBA. Call Ana, 250-361-3570.

OCT 9
Booksigning: A Planetary Awakening: Ageless Wisdom of the Tibetan/Alice Bailey and its prophecies for a new age. Shamballa, initiation, astrology, the seven rays and raja yoga. Banyen Books, 6:30pm. Free. www.sevenray.net

OCT 13-14
2007 Vancouver Health Show: Over 200 exhibits, 800 experts. Canada Place. Keynote presentation with Dr. Alan Logan, the "Clear Skin Diet." Visit www.healthshows.com for schedule of speakers. (See display ad this issue.)

OCT 21-22
Akashic Record Certification Levels 1 & 2 in Vancouver: Visit www.souljourneys.ca or call 905-646-9168 for more details. Private appointments also available upon request.

NOV 9-10
Barbara Hand Clow: Mayan Code Workshop and Pleiadian Agenda Activation. Cdn. Mem. Centre for Peace, Tickets \$150; Seniors & students \$125 at Banyen 604-737-8858 or Deborah 604-947-2960.

SATURDAYS

Holistic Healing Fair: Third Saturday of every month. AWAKENING HEART-15177 Russell Ave-White Rock. 10-4pm. Free Admission. 604-535-6603 or www.emergingpathway.ca

Unity Kirtan All welcome. Interspiritual group chanting. Second Saturday of each month 7:30 PM, at Yoga on 7th 156 E. 7th Ave. David Solest david@bluelotusmusic.com, 604-685-0551

SUNDAYS

The Centre for Spiritual Living uniting the world in love. Inspired by the teachings of Deepak Chopra and Louise Hay. You'll love our Sunday services, 11 AM. Children welcome. 1495 W. 8th Ave., Vancouver, 604-321-1225, www.cslvancouver.com

International Spiritualist Alliance: #201-317 Columbia Street, New West, 604-521-6336. Sunday services, 11am. Rev. Joyce Tarvin, 604-433-6663, www.isacanada.ca. See Resource Directory ad.

Mountaintop Unity Find a positive New Thought approach to life at Unity! Sundays 10:30am, John Braithwaite Community Centre, 145 West 1st, North Vancouver. 604-787-1477, www.unitymountaintop.ca

Kitsilano Farmer's Market. New! Every Sunday beginning July 15 to Oct. 14, 10am-2pm @ Kits Community Centre parking lot. Come and enjoy. Interested in volunteering? Please e-mail Mel@mel_Lehan22@hotmail.com

SOS (Science of Spirituality) Eco Centre: Enjoy free silent meditation, spiritual discourse & lunch. 10am Meditation, 11am Discourse. 604-277-1247, 11011 Shell Road @ Steveston Hwy (between #5 & #4 Road) Richmond. All Welcome. www.sos.org

MONDAYS

Free, anonymous, telephone support line offering guided meditations for people suffering from chronic pain. Non-religious. Counselors have community crisis line training. Mondays 7pm-11pm, 604-936-5683.

TUESDAYS

Reflexology Student Clinic sessions, only \$18. Evenings only. By appointment. Pacific Institute of Reflexology. 604-875-8818, www.pacificreflexology.com.

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Pranic Healing Clinics
Sept 11, 11-3 PM, 6 - 9 PM - St. George's
2950 Laurel St. (at 14th), Vancouver
Sept 13, 10 - 2 PM - West Van United
2062 Esquimalt Ave (at 21st)

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OCTOBER ADVERTISING DEADLINE
SEPTEMBER 15

tion required. Scottish & Gaelic traditional songs. Practice 7:45pm, Scottish Cultural Centre, 70th & Hudson. Info: Sandra 604-913-8477.

WEDNESDAYS

Speaking Circles: Learn to speak naturally in front of groups, transforming anxiety into the excitement of creative expression through relational presence. 7:30-10pm, Dave 604-738-5728.

Hawaiian Medicine Circle: 7 pm. Hawaiian guided meditation, Sharing the Aloha, tea and snacks afterwards with like-minded people. \$10 donation. At Hale Ola, a place of Healing, 1215 Madison Ave., Burnaby. 604-431-7474. Call Kumu Kaimana.

Children of War fundraiser: Chai Gallery at East is East hosts a fundraiser for Children of War, featuring local musicians & traditional dancers. Every Wed. evening, 7:30pm – 1:30am, 3243 W. Broadway. \$25/door or call 778-837-1862, www.thechildrenofwar.org.

Info session on the health benefits of the Mangosteen fruit. 7:30pm, Unit 1-12320, Trites Rd., Richmond, 604-687-4791, www.todaysmangosteen.biz

FRIDAYS

"Destiny Dialogues" Free Talks (7-9 pm). First Friday of each month, experiential evening that explores the inter-connections between destiny and: suffering, relationships, vocations, joy, teachers, character, nature, family, dreams. Call Michael 604-317-1613 to RSVP.

Interspiritual Ananda Mantra (I AM) choir Simple chants/harmonies. New choir members may join in September. No audition. Fridays 7:30 PM at Yoga on 7th, 156 E. 7th Ave. david@bluelotusmusic.com 604-685-0551.

ONGOING

Free Meditation Workshop: Experience Kundalini awakening through Sahaja Yoga, as taught by Shri Mataji Nirmala Devi & enjoy your Powers at our Weekly classes, always free and open to all. 604-597-8440, www.sahajayoga.org.

Anxiety? Depression? FREE Mental Wellness Self-Help Support Group in Kitsilano area. Held Saturdays bi-weekly, 10:30am-12:30pm. Limited Seating. Call 604-630-6865.

Do you have an eating disorder and need support? Support group run by eating disorder survivor and nurse. edgroup_char@hotmail.com Groups held in Langley.

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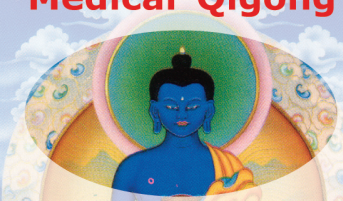
DR. ANDY ZHOU, PHD, DOCTOR OF TCM, 20 years experience. 604-736-6060, drandyzhou@gmail.com (See ad in Resource Directory, Health & Healing.)

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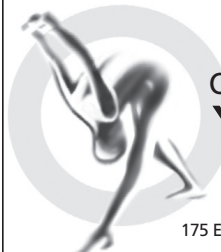
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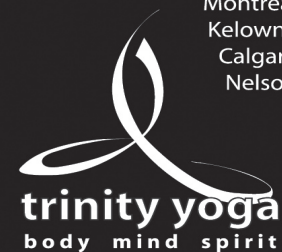
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Sep 27 **FREE** Flow Yoga demo class Lululemon Metrotown 9 - 9:45 AM
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On Track Zodiac

SEPTEMBER 2007 *Adrien Dillon*

ARIES (Mar 21 – Apr 19)

A turning inward and a drawing back may have been your experience lately. You may want to pull back your romantic nature. It is a time to reflect and discover where you have been. Not wishing to ignite your passions – they have been running cool – the Ram becomes the lamb for a while.

TAURUS (Apr 20 – May 21)

If you were granted all the riches in the world at your command and all the time needed to achieve success, what would that look like? This autumn provides the element of focus for you to arrive at the centre of your aspirations. Pursue life and take risks while loosening your purse strings.

GEMINI (May 22 – Jun 20)

You are realizing how you create everything from the moment you wake up. Some find Gemini creatures to be slippery and crafty; others find that Gemini's boundless energy inspires them to be more enthusiastic and enterprising.

The myriad uses of your mind will be a revelation to you; education will become more exciting.

CANCER (Jun 21 – Jul 22)

If you do things contrary to your regular routine, it could give you a new lease on life. Patience may not be on your list of resolutions, but take a leap of faith. Choose the unfamiliar instead of security to replace the boredom you may be experiencing. The fool sets out with trust and eyes full of wonder.

LEO (Jul 23 – Aug 22)

There is an acceleration of dynamic proportions in the heavens. You could find that your intuition is remarkably clear and pronounced. Balance comes with your insights and you won't be the least bit hesitant to express your suspicions or viewpoints. The fierce and steady eye of the tiger is essential now.

VIRGO (Aug 23 – Sep 22)

If you find yourself driven by the temptations of your palate you may need a

personal diet regimen. Perhaps shift your taste buds to intellectual pursuits and keep your heart fulfilled artistically, instead of pleasuring an insatiable appetite. Growth is the keyword and it comes in many forms.

LIBRA (Sep 23 – Oct 22)

If you need to lament an ending or some kind of personal issue, seek out a good listener. It won't serve you to hold your deepest feelings too close to your chest. It's best not to harbour your emotions or seclude yourself from others; rather, find encouragement for your vast and colourful nature.

SCORPIO (Oct 23 – Nov 21)

After a difficult journey from surrender to transcendence, the Phoenix emerges out of the torrid fires of life. You are in for a wild ride that will leave you breathless and exhilarated. If you are in the midst of dissolving or eliminating something that which you hold dear, all will be rebuilt from the very foundation.

SAGITTARIUS (Nov 22 – Dec 21)

The very fabric of your being could be shaken to its roots. Dreaming of your desired life plan, you could also be granted the key to paradise, even if it takes you down the road to the unknown – all this and heaven too! Being the dignified fire sign, you show grace under pressure. Relax and run barefoot through the grass.

CAPRICORN (Dec 22 – Jan 19)

You can no longer avoid responsibilities or sidestep family matters. The privilege of having authority and carrying weight in your community means that you are effective and accountable, while, at the same time, persuasive. Timing is everything now as you make good use of inevitable changes.

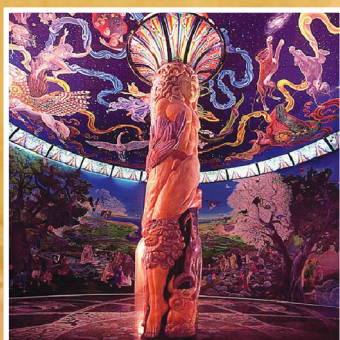
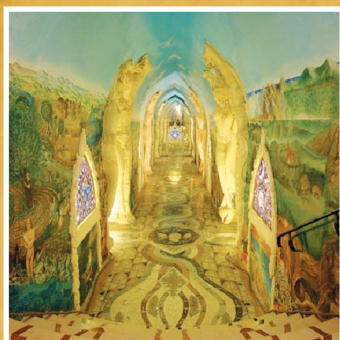
AQUARIUS (Jan 20 – Feb 19)

If you are living in accordance with your heart, the call to illuminate others could be singing to you like a choir in your ear. Whether you are a housewife, electrician or faith healer, it doesn't matter if you have a title or a scholarly name if you decide to do what makes you happy. Sorrow can turn into a rhapsody.

PISCES (Feb 20 – Mar 20)

While having a soft centre and being flakey is usually attributed to the sensitive Pisces, you are a deep person and not a pie. This is a transformative time and you continue to make great strides, flowering as you step forward and progress. Could be that you have never felt better, even if you are misunderstood from time to time.

Adrien Dillon is a clairvoyant consultant and author with 32 years of experience in astrology, multi-media art and healing, adrien.dillon@gmail.com www.Adrien-Dillon.com



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Public Talk by Crotalo Sesamo and Shama

Damanhur Multi Media Presentation and Q&A

October 3, 7pm - 10pm Masonic Hall, 1495 W. 8th Ave., Vancouver - \$15

Tickets for this night ONLY at Banyen Books, info: 604.737.8858

Workshop - Building a community: Damanhur experience Oct 4, 7:00pm - 10pm - \$35

Workshop - Atlantis & Ancient Civilizations Oct 5, 7:00pm - 10pm - \$45

Workshop - Inner Harmonizing Oct 6, 9:30am - 6pm - \$100

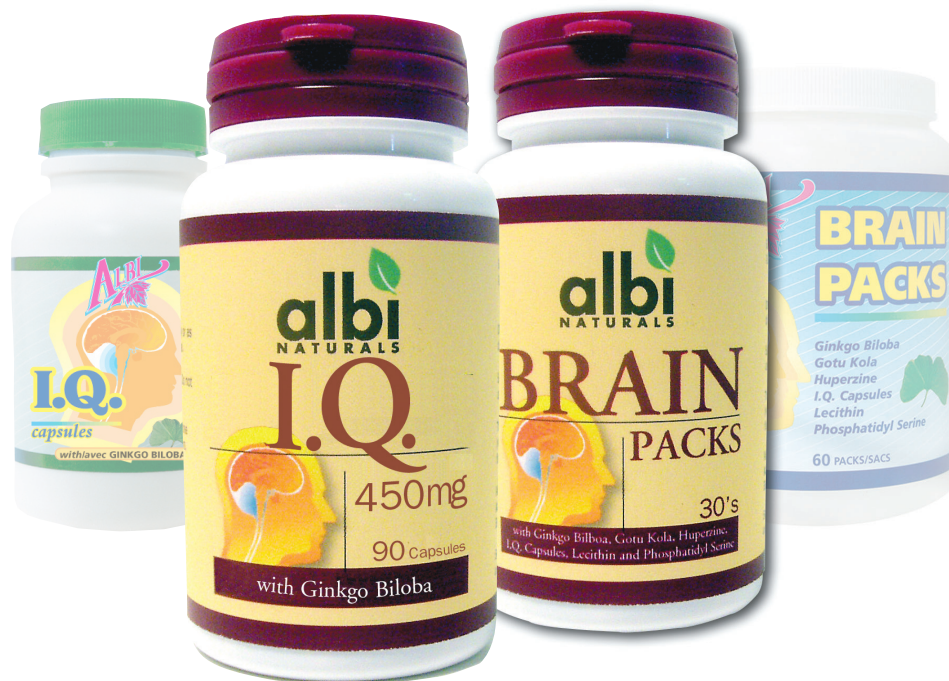
Workshop - Inner Harmonizing & Selfic Healing Oct 7, 9:30am - 6pm - \$100

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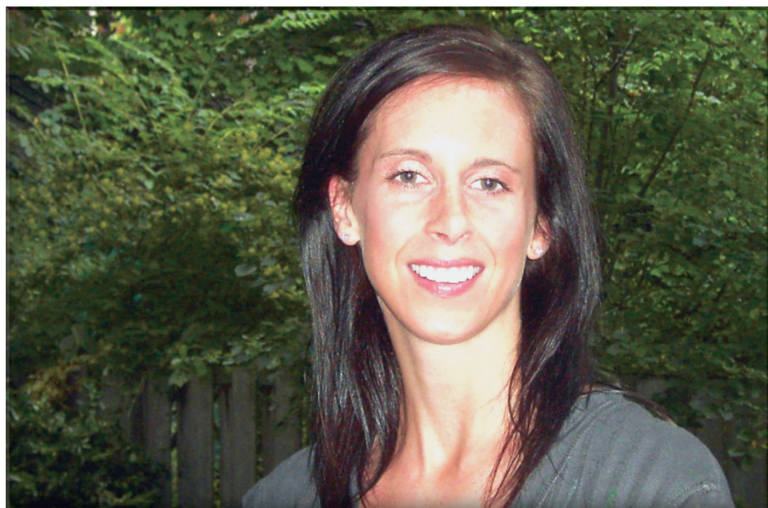


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I have this new job that's fantastic! I love the work, but my days are really long and super challenging. It's been taking a lot out of me. So when my roommate and best friend, Michelle, told me I should try this 21-day energy makeover I thought, why not? At the rate I've been going, I could definitely use more energy. So here I am, and here it goes...



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* No purchase necessary. Contest valid from August 27, 2007 to November 30, 2007. There are three (3) Grand Prizes available to be won with an approximate retail value of the Grand Prizes are \$5,000 CAD each. Approximate odds of winning a Grand Prize depend on the total number of eligible entries received. Potential Winners must correctly answer a time-limited, skill-testing question and complete a Declaration and Release. Open to all legal residents of Canada who have reached the age of majority in their province of residence. Limit one (1) entry per person. For complete contest rules, visit www.sharetheenergy.ca.